

Why Drinking Enough Water is Important

It's estimated that humans can survive for up to eight weeks without food. (This is *surviving*, mind you. Not thriving.)

The survival timeline without water? 3 to 5 days.

And if you happen to be somewhere hot with no access to water? You could die within a matter of hours.

Obviously, these are things we hope you'll never have to deal with. But we think it's important to note that what you put in your body, or what you don't put in your body, has a profound impact not only on your quality of life, but on the fact that you can live at all.

Why We Need Water

No organism can live without water. It's a life-sustaining elixir. Water is a crucial component to all metabolic processes within the body and is responsible for:

- Regulating body temperature
- Carrying nutrients and oxygen to cells
- Protecting body organs and tissues
- Lubricating joints
- Helping dissolve minerals and other nutrients to make them accessible to the body
- Moistening tissues for your mouth, eyes, and nose
- Flushing out waste products

Water For A Better Body

If getting enough water has that big of an impact on our internal systems, how does it affect the way our bodies look?

When most people feel hunger, often what they're *really* feeling is **thirst**.

If you spend your day semi-dehydrated (which most of us do), your body may crave water but you may think you're hungry.

If you avoid dehydration, you can avoid overeating. Which is a good reason to drink a glass of water when you start to feel hungry. Wait 10 minutes and the "hunger" feeling will probably go away.

What Happens When You're Dehydrated

Most of us walk around semi-dehydrated all day. We lose approximately 1 – 2 liters of water every day by just breathing, yep, that steam that comes out of your mouth in the cold air, it's water vapor, you just can see it in the cold air, not in the warm air.

Add some physical exercise and resultant sweating, and you could lose much more.

That's why it's incredibly important to replenish your water. Even being 1 percent dehydrated can cause a significant drop in your metabolism and performance.

Other symptoms of not drinking enough water could be:

- headaches
- darker urine (typically, the lighter your urine, the more hydrated you are)
- cramps
- dizziness

In fact, if you're feeling thirsty, you've probably been dehydrated for a while.

How Much Water to Drink

Generally speaking, most humans need to ingest around

64 oz of water per day (about 8 cups or 2 L).

On top of drinking our daily amount, it is recommended that athletes consume around 16-20 oz of water 2 hours before an event and about 6-10 oz of water every 15 minutes during the event.

To put this into simple terms, on a normal day, we should consume 8-10 cups of water.

On a day when we are practicing or have a competition, consumption should increase based on the length of the event.

A minimum of 10 cups and possibly up to 14 cups of water should be consumed depending on how long practice or competitions last.

For most athletes, this would require them to drink 3-4 32 oz (gatorade) bottles per day!