

Water--- Are You Getting Enough to Drink?

Are you drinking the amount of water you should every day?

We all know that water is important but I've never seen it written down like this before.

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even Mild dehydration will slow down one's metabolism as much as 3%
- One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water, the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Answer the following questions.

1. What percent of Americans are chronically dehydrated? _____
2. What percent of the time do we eat when really we are just thirsty? _____
3. What does mild dehydration do to your metabolism? _____
4. When you are dieting, what could you do to help reduce your "hunger pangs"? _____
5. What is the number one trigger of daytime fatigue? _____
6. Why do you think drinking 8-10 glasses of water a day could ease back and joint pain? _____

7. Give one reason why not drinking enough water could lower your grades in school: _____

8. Name three cancers that you could reduce the chance of getting by drinking 5 glasses of water daily: _____

9. How much water do YOU drink daily? _____ Is it enough? _____
10. Can you relate to any of these questions? _____ Which one/ones? _____
