

5, **4**, 3, 2, 1, 0

## **Drink at least 4 glasses of water each day.**



Drinking water is a refreshing, no-calorie way to stay hydrated during the day. Keeping hydrated helps your body function properly and maintains physical performance.

### **8 Best Times To Drink Water**

Are You Drinking Water When You Need It Most?

1. ***Drink water when you first get up.*** Without water to “wake up and turn on” the body each day, you may be running on empty, especially if you skip breakfast altogether. Have a glass of cool water right after you wake up in the morning to tell your body it’s time to get started.
2. ***Drink water before each meal.*** Drinking water before a meal helps you feel fuller, so you may be less likely to attack your meal like a starving person. Water helps prepare the stomach for the food that will follow, waking up taste buds on the tongue and moisturizing the stomach lining so brittle or acidic foods won’t be uncomfortable.
3. ***Drink water with a snack.*** Between meals, if you feel hungry, try some fresh drinking water first to see if you are dehydrated. Sometimes people think they are hungry when they really are just thirsty.
4. ***Drink water before a workout.*** Depending on the temperature, humidity, and your body’s fluid levels, you may need one or several glasses of water, each about eight ounces, to arm yourself against dehydration during an indoor or outdoor workout.
5. ***Drink water after a workout.*** It rehydrates your body of fluids lost during activity.
6. ***Drink water with your medication, if allowed.*** If you are allowed to take water with your medication, do so. Water helps to dissolve the medication and spread it throughout your digestive organs for rapid absorption. Water prepares the tissues to receive the substance and put it to work right away. Water also helps medicine work its way through your system and out the other end, which can be beneficial when you take harsh medications with side effects.
7. ***Drink more water when you’re ill.*** When you do become ill, drink plenty of fluids—the old-time recipe still works.
8. ***Drink water when you’re tired.*** Feeling tired? Fatigued? Need a nap but can’t take one? Have a glass of water. Because of its ability to move quickly throughout the body, water can reach your brain and activate it right before a meeting or other situation where you need to pay attention. Cold water, especially, will wake up your body to keep you alert.

Brought to you by the Wayne Co. Child Nutrition and Fitness Coalition. For electronic copies and more information visit [www.waynefcfc.org](http://www.waynefcfc.org) or contact the OSU Extension Office at 330-264-8722.

For more information:

[http://www.lifescrpt.com/Health/Conditions/Dehydration/9\\_Best\\_Times\\_To\\_Drink\\_Water](http://www.lifescrpt.com/Health/Conditions/Dehydration/9_Best_Times_To_Drink_Water)