

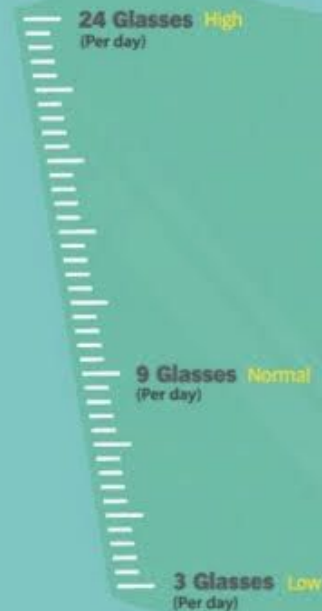
DAILY WATER INTAKE



BEST TIME TO DRINK WATER

- 1 DRINK WATER WHEN YOU FIRST GET UP
- 2 DRINK WATER BEFORE EACH MEAL
- 3 DRINK WATER WITH A SNACK
- 4 DRINK WATER BEFORE A WORKOUT
- 5 DRINK WATER AFTER A WORKOUT
- 6 HAVE WATER WITH YOUR MEDICATION, IF ALLOWED
- 7 DRINK MORE WATER TO PREVENT ILLNESS FOLLOWING EXPOSURES
- 8 HAVE A GLASS OF WATER WHEN YOU'RE TIRED

WATER INTAKE SCALE FOR A NORMAL ADULT



SOURCES OF WATER FOR OUR BODY



WATER



BEVERAGES



FRUITS



JUICES



Always carry a bottle of clean water with you wherever you go.



Set a periodic reminder, so that you don't forget to drink water.



Exercising can help make you want to drink water more.



Keep a little log which can be as simple as a tick mark for each glass of water you drink.

8X8

2.5 L DAILY

In June 2009, "Scientific American" published an article titled "Fact or Fiction? You Must Drink 8 Glasses of Water Daily." The article describes the 8x8 drinking rule as a common rule of thumb that dictates that you must drink eight 8oz. glasses of water every day. Tea, coffee, soda, juices and sports drinks do not count toward the eight-glass total. This rule does not offer different guidelines for people of different ages, genders or health conditions.



RECOMMENDED DAILY WATER INTAKE (IN LITRES)