

WHY IS IT IMPORTANT TO DRINK WATER EVERY DAY?

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If you are not consuming at least the recommended water intake a day, dehydration plays a huge role in causing sickness, feelings of dizziness or tiredness. Dehydration can also impact on brain function and causes headaches. Water is essential in order for your body to function at its full potential. Being properly hydrated ensures that oxygen and nutrients travel efficiently throughout the bloodstream, it also regulates body temperature and it helps blood pressure.

Too many people suffer from dehydration and wonder why their body isn't functioning properly. Even on cold days but especially on hot days, drinking at least 8 glasses of water to stay hydrated should be the number one priority.

Joseph Muscatello, Natalie Sapuppo, Will Rodgers and Mia Dunbar
Sport Leaders