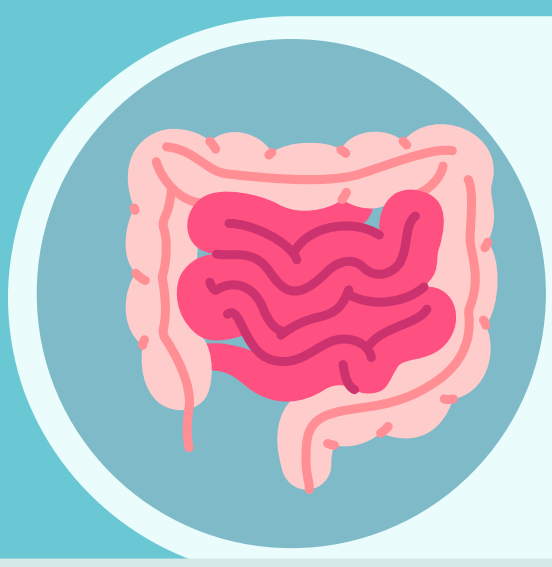
WATER BENEFITS YOUR HEALTH

5 Ways it Can Help

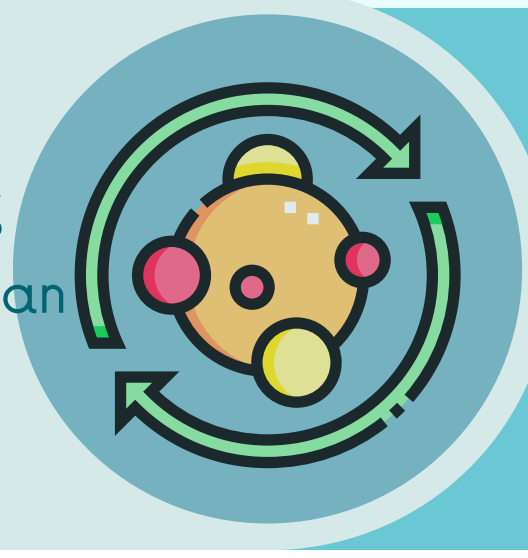


1. Improves digestion

Water promotes the secretion of gastric acids during a meal, which helps break down food.

2. Boosts metabolism

The metabolic rate increases by 30% after drinking 17 ounces of water for an hour. This may help improve exercise performance and weight loss.



3. Improves physical performance

Water can boost your performance during exercise by improving blood volume, cardiac output, muscle blood flow, and skin blood flow.

4. Helps you lose weight

Water promotes weight loss by stimulating thermogenesis (the body's production of heat).

5. Provides cognitive protection

Insufficient water intake can negatively affect concentration, alertness, short-term memory, math skills, perception, and psychomotor skills.

How much water do you need?

Your urine color can tell you if you're drinking enough water. A clear or pale yellow color indicates that you are well hydrated. However, bright or dark yellow urine indicates dehydration, so drink up!