Health and Lifestyle

Stay Hydrated

Do you have any idea how important water is for us? We need water to make our body and our brain work properly. Our brain is mostly made of water, and we need to drink plenty of it to help us think and focus to our best ability. If we are dehydrated, our brain doesn't function as well as it should, leading to problems with memory and performance. Studies have even shown that students who took bottled water into examinations ended up with better grades!

Drinking water helps our body to get rid of things we don't need, which makes sure we stay healthy. When we drink enough water, our kidneys work well, which stops the build-up of harmful substances in our body.

Water is good for our appearance, too. It keeps the skin clear and fresh, and can help to keep it looking young.

What's more, it's free! Fizzy drinks are expensive and they contain lots of sugar. Sugar is bad for our teeth and it has other side effects, such as increasing the risk of diabetes and causing weight gain.

In fact, if we want to lose weight, drinking water is an easy way to help with this. Drinking water before and during a meal helps us to feel full — so we eat less! Water also helps us to digest food, so it's a good idea to drink it with a meal.

If the weather is hot, or if we do lots of exercise, we sweat, which means our body loses water. This is why it's important to stay hydrated, to replace what we lose. Muscles without enough fluid intake get tired more quickly and they don't perform as well as they should.

If we don't drink enough water, our body will start to show signs of dehydration: we might get headaches, feel tired and perhaps forgetful; we may get a dry mouth, dry skin and dry eyes; we may even suffer from aches and pains. Drinking lots of water will prevent this.

In short, drinking water is an easy and free way to feel lots of health benefits. Do you know if you are drinking enough?



Answer the questions with full sentences.

1 Why is water good for our brain?

2 Why is it important for our kidneys to work well?

3 Why is it a good idea to drink water with a meal?

4 Why do you need to drink lots of water on a hot day?

5 What are some signs of dehydration?

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