

HOW MUCH WATER DO WE REALLY NEED?

1. The human body is made up of around 60% of water
2. Water is crucial to your health
3. Lack of water can lead to dehydration
4. Dehydration poses a particular health risk for humans
5. Every day you lose water through sweating
6. You need water for your body to function properly
7. So how much water, or more precisely fluid, do you need?
8. Every trip to the bathroom supposes a water loss
9. If your feet sweat, there goes another cup of water
10. You experience water loss when breathing
11. So you should keep an eye on it!
12. Drink water with and between your meals
13. And change a cup of coffee for a glass of water.