

Water And Exercise

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The human body is made up of over 75% of water, and as we all know, we cannot live without water. The fact is, we can only survive for a total of 3 days without water. Water has however, been replaced in most diets by soft drinks and other sugar sweetened refreshments. Keep in mind that water is a healthier and necessary for leading yourself towards a better health and longevity.

Your own personal need for water can vary greatly due to exercise, weight, and temperature. Research has proven that over 2/3 of adults don't get the water they need on a daily basis. By drinking water on a regular basis you can replenish your body and keep it well hydrated and functioning as it should be.

A majority of us wait until we are thirsty before we drink water. Keep in mind, this way isn't a reliable gauge of the water needs for the body. By the time you are thirsty you have already lost two of more cups of the body's water supply. Therefore, drinking water regularly is much better than simply waiting until you are thirsty.

It is very important that you don't substitute beverages with alcohol and caffeine for water. The reason behind this is that those types of beverages act as a diuretic and can cause you to lose more weight through increased urination. You may think and feel as if you are getting more water through these beverages, although the fact is that you are letting it go almost as fast as you consume it.

Anytime you exercise, you need more water. Due to perspiration, your body will lose quite a bit of water. For each pound lost due to exercise, you need to drink 2 cups of water. Even when you lay down to sleep, your body loses water. By drinking a glass or more of water before you go to sleep, you can wake up with your body functioning as it should be.

It should become more obvious that when you are sick you'll need more water than any other time. When you get a cold or the flu, your body can become

dehydrated quite quickly. You can help to prevent this by drinking more water at times when you become sick.

There are several mixed opinions as to whether purified water will actually provide benefit. This is a subject you should explore yourself as you determine the best type of water for yourself.

Always make it a habit to drink water on a daily basis. You should keep a bottle of water with you at all times and drink it throughout the day. You should also teach yourself to drink water instead of other beverages that don't replenish the nutrients your body needs.