Hydrate for 22 days

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1. It could aid weight loss.

Anyone looking to lose weight could be helped by upping their water intake. Studies have found that when participants drink water before a meal, they lose weight faster than those who did not drink water. Extra H2O helps us eat less by making us feel full, and it may also boost metabolism.

2. It keeps things moving, digestion-wise.

Water helps us, you know, go by helping dissolve fats and soluble fiber. Drinking enough water prevents constipation and also reduces the burden on the kidneys and liver by helping to flush waste products. When you don’t drink enough water and fluids, the colon pulls water from stools, increasing your risk of constipation.

3. It helps endurance athletes fight fatigue.

Water is an integral part of most any workout, and it becomes especially important in order to prevent dehydration during long workouts.

4. It might protect against some types of cancer.

Research has found that the greater the fluid intake, the lower the incidence of bladder cancer, with more significant results when the fluid is water. One possible reason could be that urinating more frequently prevents the buildup of bladder carcinogens. Staying hydrated may also reduce the risk of colon cancer and breast cancer.

5. It can improve mood.

Drinking water makes us feel so refreshed that it actually improves our state of mind. You don’t even have to be severely in need of it to benefit: Even mild dehydration has been shown to negatively impact moods.

6. Drinking it may help prevent headaches, naturally.

Going without water for too long causes headaches for some people, and has been identified as a migraine trigger.
7. **It keeps our kidneys working.**

Kidneys remove waste from our bodies, help control our blood pressure, and balance fluids, so they’re crucial to keeping our systems running smoothly. One surefire way to keep them working properly? Adequate water consumption! So drink up to keep those kidneys in tip-top shape.

8. **It energizes us.**

Next time you’re feeling zonked, try drinking a couple glasses of water. Feeling tired is one of the first signs of dehydration and filling back up on H2O could zap the sleepiness.

9. **It protects our joints and cartilage.**

Water keeps the cartilage around our joints hydrated and supple, ensuring that our joints stay lubricated. It also protects our spinal cord and tissues, keeping us healthy from the inside out. Cartilage, the rubbery material that coats our bones, is about 85 percent water. To keep this protective material healthy, we need to keep hydrated.

10. **It helps us think more clearly.**

Dehydration causes shrinkage of brain tissue. So when we haven’t been drinking enough water, our brains have to work a lot harder to perform at the same level. One study even found that students who brought water to tests did better on their exams.

11. **It balances our fluids.**

About 60 percent of the human body is made of water, and keeping our fluids balanced means that all that water is doing its job — transporting nutrients, aiding digestion, regulating temperature, and so on.
12. It has been linked to heart health.

Can drinking water keep us heart healthy? There seems to be a link between risk of death from coronary heart disease and water intake: Research has shown both that consuming more water means a lower risk of death from coronary heart disease and that risk of death rises when intake of “high-energy fluids” (like soda and juice) increases.

13. Get a bigger bottle.

Keep a large 1 liter bottle on your desk with a goal to drink all of it by the time the work day is over. It’s a little goal you can set each day and easily see your progress as the hours go by.

14. Set an alarm.

If you get so focused that you forget that bottle is on your desk, you may want to try setting an alarm on your phone or computer to go off every couple of hours or so to remind you to take a few swigs of water. I like to use this time to stand up and stretch, too!

15. Drink a glass before each meal.

If it’s just not convenient for you to drink water throughout the day (maybe your job doesn’t involve sitting at a desk), try setting a goal to drink at least one cup of water before each meal.

16. Track what you drink.

A small glass here and there in your busy day may have you unsure about how much water you consumed at the end of the day. So try tracking your fluid intake just like you would when you record meals and snacks in a food journal.
**EAT YOUR WATER:**

17. **Cucumber**

This veggie has the highest water content of any solid food at 95 percent. It’s very versatile; you can consume it in salads, smoothies, as a snack, or in chilled soups. It also contains vitamin E and essential oils.

18. **Radishes**

This food also contains antioxidants and their crunchy texture makes them perfect for summer salads.

19. **Tomato**

This fruit contains 94 percent water, vitamin C, and is packed with antioxidants, especially lycopene, a cancer-fighting antioxidant.

20. **Cauliflower**

It contains up to 92 percent water and is also packed with antioxidants, minerals, and vitamins—mostly C and group B.

21. **Spinach**

Spinach has more than 92 percent water and a high content in potassium and calcium. It also contains many other minerals and vitamins, mainly group B vitamins. Because of its antioxidant content, it’s known as an anti-cancerous food.

22. **Fruits**

All fruits have a very high-water content. Most of them are an excellent source of vitamins and fiber as well. In addition to tomatoes, referenced above, other fruits with the highest water content include watermelon, strawberries, grapefruit, kiwi, oranges, and cantaloupe.