



KEEP YOUR COOL

Water plays a vital role in the human body. When we stay hydrated, we live better, we work better and we feel better. Water helps to regulate temperature, carry nutrients and oxygen, remove waste and cushion joints. The average adult body is between 50% and 65% water, and it's imperative to stay hydrated — especially in warmer months.

Dehydration stresses the heart and raises core body temperature, which can lead to heat-related illnesses and heat stroke. Even mild dehydration can lead to fatigue and impair your ability to function at an optimal level.

Be sure to drink plenty of water, even before you experience the sensation of thirst. Small quantities of water at set intervals throughout the day will hydrate the body most effectively.