Make Water the Main Drink

Water is critical for fuelling every single system in our bodies. Our bodies are made up of about two-thirds water[[1]](#endnote-1) and without it, we can’t function. In fact, a person can only survive about three days without water![[2]](#endnote-2)

Some of the roles water plays in the body include:

* regulating body temperature
* helping to digest food
* keeping joints moving smoothly
* helping in the removal of waste
* moving oxygen through the body
* keeping the brain functioning normally.

Drinking enough water will help to keep you alert in class and will help your memory. It will also help you to be active and perform better in physical activities.

# Why Water?

Water is the best drink to keep you hydrated for many reasons. Some of these are:

* It is free and easy to access – especially in Tasmania, where we have some of the best quality tap water in the world!
* It is best for your teeth. Tasmanian tap water contains fluoride to help protect against tooth decay.
* It has no sugar or caffeine. These aren’t needed in your body for good health and might even cause harm over time.
* It is environmentally friendly. Carry a reusable water bottle to reduce waste.

# Am I Drinking Enough Water?

You have probably heard that you should drink eight glasses of water a day. This is a good general rule, but there is no one-size-fits-all. The amount of water your body needs each day will depend on how much you have lost through sweating, breathing and going to the toilet. Be aware that on days when you are more active or when it is hot outside, you are going to need to drink a bit more than usual.

There is an easy way to tell if you have had enough water! When you go to the toilet, look at the colour of your urine (wee). Aim for a pale-yellow colour. If your urine is dark yellow and smells strong, it means you have not had enough water. Your body is holding onto all the water it has to try and keep your body systems functioning normally. Have a big drink and try to focus on increasing your water intake every day.

# Effects of Dehydration

Dehydration is what happens when your body doesn’t have enough water. You might notice you’re dehydrated if your urine is darker than usual, but you might also experience symptoms such as:

* feeling tired and annoyed
* a headache
* finding it hard to concentrate
* constipation (trouble going to the toilet).

# Don’t Overdo It!

Water sounds great, right? It is, but like anything, you *can* have too much of a good thing. It’s very rare, but if you drink a *huge* amount of water in one go, it can be dangerous. We call this water intoxication. It happens when the concentration of sodium becomes dangerously low in the body and causes cell damage. This can cause unconsciousness and death if it isn’t treated. This is extremely rare. The message is… be smart about water drinking.

1. <https://www.nrv.gov.au/nutrients/water> [↑](#endnote-ref-1)
2. <https://www.medicalnewstoday.com/articles/325174.php> [↑](#endnote-ref-2)