Total Worker Health: HYDRATION

What does water do for you?

- Provides a moist environment for ear, nose, and throat tissues
- Forms saliva
- Regulates body temperature by sweating and respiration
- Helps deliver oxygen throughout the body
- Aids in digestion
-Flushes body waste to the liver and kidneys for removal
- Lubricates joints and lessens discomfort from arthritis or back pain
- Helps brain manufacture hormones and neurotransmitters
- Prevents memory loss as you age
- Acts as a shock absorber for brain and spinal cord
- Lessens addictive urges, including caffeine, alcohol, and certain drugs
- Delivers nutrients to the cells, allowing them to grow, reproduce, and survive
- Allows for efficient cell repair

Water makes up about 60% of your total body weight

Sources:
The Mayo Clinic
Stayinghealthy.org
U.S. Geological Survey Water Science School