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SPORTS
CENTRE

The Importance of **STAYING HYDRATED**



The benefits of drinking enough water stretch to virtually every system within your body.



WATER PROTECTS AND HYDRATES OUR ORGANS, CARRIES AND TRANSPORTS NUTRIENTS TO OUR CELLS, AND KEEPS MUSCLES AND JOINTS WORKING PROPERLY BY BALANCING SODIUM AND POTASSIUM LEVELS.

Water helps to flush the body of toxins, maintain core temperature, and even balance blood sugar levels.



Water also plays a role in helping us stay mentally focused and energized, whilst boosting our mood, memory and overall brain performance.



Beyond bodily functions, drinking enough water can even help you lose weight. Drinking water before meals can help you feel full and lead to fewer calories eaten at each meal.

ADEQUATE HYDRATION CAN HELP YOUR SKIN LOOK AND FEEL BETTER. DRINKING ENOUGH WATER CONTRIBUTES TO SKIN ELASTICITY, MEANING FEWER WRINKLES AND FINE LINES AS WELL AS DECREASING PUFFINESS AND SWELLING DUE TO DEHYDRATION.

