



Choose Water First

Water has many roles in the body, but here are some the the major reasons to choose water first:

- Helps Regulate Your Body Temperature
- Supports Joint Health
- Protective to Certain Tissues
- Supports Waste Removal From the Body
- Supports Metabolism

Everyone has different water needs, focusing on certain cues can help you know if you are getting enough water. Here are some indicators you may need more water:

- Skin Rebound- does you skin look dry and shriveled
- Mouth Environment- dry, cracked
- Urine- Color is dark and frequency may be less
- Digestive- Constipation

