

75.8 oz. per day



Water Is Life

Water runs your body. Just like oil in a car. If you run low of oil in your car, you start to ruin the engine. Run low of water or fluids in your body, your body starts to show physical signs of fatigue. When you have been dehydrated for a long period of time, your kidney shuts down. We all know you need water to survive.

Your body is 83 percent water. Your brain is 74 percent water, and your bones are 22 water. You need water for every single metabolic process in the body. Water is necessary to digest and absorb nutrients and vitamins. It carries metabolic waste. It helps “flush” fat and toxins through the liver and kidneys.

Water is the one of the fluids that lubricates and cushions your joint and muscles, protecting them from shock and damage.

Many people don't feel thirsty until they are dehydrated.

How much water do you need a day? 75.8 oz. per day

How many water bottles is that? 2) 16 oz. water bottles. You can get the rest of your water in take from fresh fruit. Examples, melon, grapes, etc. An athlete should add another water bottle to the above total.

Good water intake: Adequate water intake is essential to staying healthy. Dehydration negatively impacts the body's thermoregulation, its capacity for physical activity, cognitive and kidney function, the digestive and cardiovascular systems, and your skin.¹ It also negatively affects your bones.

Signs of dehydration: Dehydration can occur in any age group if you don't drink enough water during hot weather — especially if you are exercising vigorously. It's important to start good habits now in drinking enough water, so by time the end of the season rolls around and you are playing tennis outside in the potentially hot sunshine. Form good habits of drinking water on a regular basis. This means before, during and after your practice and competition. Athletes need to drink even more water than non-athletes.

- Signs: Extreme thirst, less frequent urination, dark-colored urine, fatigue, dizziness & confusion.