





















































































































































































































































































































































# Water

**Water is critical to life! Staying hydrated helps your body in many ways:**

- **Body temperature regulation**
- **Blood pressure regulation**
- **Manages appetite and digestion**
- **Joint cushioning and flexibility**
- **Electrolyte balance**
- **Keeps skin clear and hydrated**
- **Rids body of waste and germs**
- **Carries nutrients and oxygen to your cells**
- **Prevents constipation**

## **WATER - How much you and your kids should drink each day**

Nursing	                                 	(13 cups, 3.1 L)
Men 19+	                                 	(12 cups, 3.0 L)
Boys 14-18	                                 	(11 cups, 2.6 L)
Pregnant	                                 	(10 cups, 2.4 L)
Women 19+	                                 	(9 cups, 2.2 L)
Girls 14-18	                                 	(8 cups, 1.9 L)
Boys 9-13	                                 	(8 cups, 1.9 L)
Girls 9-13	                                 	(7 cups, 1.7 L)
Children 4-8	                                 	(6 cups, 1.4 L)
Toddlers 1-3	                                 	(4.5 cups, 1.0 L)

Based on Total Water Adequate Intake, as set by the Institute of Medicine.  
"Dietary Reference Intakes for Water, Potassium, Sodium, Chloride and Sulfate", Washington DC, The National Academies Press, 2005

nuSpinKids.com

**Your body is 50-70% water.**

**Water makes up the majority of every cell in your body.**

**Consume more water -heavy foods like fruits or vegetables, and hydrating drinks like milk, juice, or tea.**

**Limit dehydrating substances like excess sodium or added sugar.**

