

Water in Your Body

By Janet Chan

Water is a vital ingredient in your body. In fact, it is the main ingredient! Water makes up about 66% of the entire body. It is the base ingredient of your blood. It also plays a role in every system in your body.



Your body is 70% water.

Water is behind the saliva that helps you to swallow and digest the food you eat. Water helps to get rid of your body's wastes through your urine. Water also helps us to cool down. We perspire water through the pores of our skin. Water even helps to make body joints move freely. And believe it or not, water is a big part of the mucus and slimy parts in your eyes, nose and throat.

An average person loses 2 to 3 quarts of water daily. In order to replace the water your body normally loses, you need to drink approximately 8 cups of water everyday (that's 64 ounces). This includes your intake of milk, juice and other fluids. For adults, this might include coffee or tea.

So how much water should a marathon runner drink, since they are losing so much sweat? There is no exact answer to this question. Think about a marathon runner that runs for several hours to cover a distance of 26 miles. It is a good idea for them to sip lukewarm water along the entire way. Ideally, they could also weigh themselves to make sure they are maintaining their regular weight.

Drinking too little water is dangerous, but so is drinking too much. If a runner notices a weight gain or puffy fingers or ankles, they should slack off drinking water for a little while.

If the weather is cool, runners will need slightly less water. But if the weather is hot, they will definitely need some extra fluids to replace the water they are losing through perspiration.