Drinking water

Everyone knows Drinking water is good for your body, but how many of us know what exactly water does to your body?

**Water It Down – The Need to Know**

After soft drinks. Water is the second most popular beverages in the U.S. This is a scary, since sugary soda is a huge health hazard,

<https://greatist.com/health/reasons-to-drink-water>

## How Much Water Do You Need?

How can you know if you’re getting enough water to keep your [metabolism](https://www.webmd.com/diet/video/can-i-boost-my-metabolism-for-weight-loss) cranking at peak efficiency and your [digestive system](https://www.webmd.com/heartburn-gerd/your-digestive-system) functioning? The formula used to be “one size fits all” -- eight 8-ounce glasses of water a day. But that’s changed, experts say.

“It depends on your size and weight, and also on your activity level and where you live,” Nessler says. “In general, you should try to drink between half an ounce and an ounce of water for each pound you weigh, every day.” For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day. If you’re living in a hot climate and [exercising](https://www.webmd.com/fitness-exercise/default.htm) a lot, you’d be on the higher end of that range; if you’re in a cooler climate and mostly sedentary, you’d need less.

Another quick way to check: look in the bowl after you’ve gone to the bathroom. If your urine is clear or very light yellow and has little odor, you’re well hydrated. The darker and more aromatic your urine, the more dehydrated you are.

How can you build more water consumption into your day? Try these tips:

* Carry an insulated sports bottle with you and fill it up periodically.
* Keep a glass of water on your desk at work.
* Keep another glass next to your bed. Many of us wake up dehydrated first thing in the morning.
* Switch one glass of soda or cup of coffee for a glass of water.
* Drink small amounts of water throughout the day. Six glasses all at once isn’t good for you!

<https://www.webmd.com/diet/features/water-for-weight-loss-diet#1>