

# Do you drink enough water?

Improve your energy, lose weight, stay healthy

- Your body is about 70 percent water. If you don't regularly restore the water lost throughout the day and night, your body may not be able to work at full capacity.
- If you feel thirsty, it means your body is already low on water. Your thirst reaction kicks in once you are dehydrated

## Water helps increase your energy

- Water improves your metabolism and is necessary to digest food.
- Water allows you to exercise longer and at a higher level.
- Water replaces fluids that you lose through sweat.

## Water helps maintain weight

- When you don't drink enough water, your body senses a threat and holds onto the water it has.
- When you drink enough water, your body eliminates extra fluid.
- Water helps to process the high fiber foods that are an important part of healthful eating.
- Water has no calories and helps you to feel full so you are less hungry.

## Water helps children

- Substituting fruit drinks and sodas for water may put children at risk for obesity because of the added sugar and calories.
- Fresh fruits and vegetables will help to keep them hydrated.

Optimal range of body water for men is 60–65 percent and women is 55–60 percent.

**Water**  
is the most important  
nutrient in the body



## Body composition

Your body is made of water, fat, and lean body mass. Understanding the best mix of these elements in your body can help you to improve your overall health.

### Body fat

Your body needs some fat to cushion and protect your vital organs and to store and release energy when needed. But either too much or too little body fat can lead to health problems. Use the chart below to find the best percentage range for you based on your gender and age.

| Men                      | Under age 30 | Age 30–39    | Age 40–49    | Age 50–59    | Over age 60  | Your results |
|--------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| <b>Excellent</b>         | Up to 11.8%  | Up to 15.9%  | Up to 18.1%  | Up to 19.8%  | Up to 20.3%  | _____        |
| <b>Good</b>              | 11.9–15.9%   | 16.0–19.0%   | 18.2–21.1%   | 19.9–22.7%   | 20.4–23.5%   | _____        |
| <b>Fair</b>              | 16.0–19.5%   | 19.1–22.3%   | 21.1–24.1%   | 22.8–25.7%   | 23.6–26.7%   | _____        |
| <b>Needs improvement</b> | Over 19.5%   | Over 22.3%   | Over 24.1%   | Over 25.7%   | Over 26.7%   | _____        |
| <b>Risky</b>             | Less than 6% | Less than 6% | Less than 6% | Less than 6% | Less than 6% | _____        |
| Women                    | Under age 30 | Age 30–39    | Age 40–49    | Age 50–59    | Over age 60  | Your results |
| <b>Excellent</b>         | Up to 19.0%  | Up to 20.0%  | Up to 23.5%  | Up to 26.6%  | Up to 27.5%  | _____        |
| <b>Good</b>              | 19.1–22.1%   | 20.1–23.1%   | 23.6–26.4%   | 26.7–30.1%   | 27.6–30.9%   | _____        |
| <b>Fair</b>              | 22.2–25.4%   | 23.2–27.0%   | 26.5–30.1%   | 30.2–33.5%   | 31.0–34.3%   | _____        |
| <b>Needs improvement</b> | Over 25.4%   | Over 27.0%   | Over 30.1%   | Over 33.5%   | Over 34.3%   | _____        |
| <b>Risky</b>             | Less than 9% | Less than 9% | Less than 9% | Less than 9% | Less than 9% | _____        |

### Lean body mass

Your organs, bones, muscles, connective tissue, and fluids make up your lean body mass. Having a higher lean mass means that you have more muscle and greater bone density.

### Body mass index

Your BMI is a measure of your weight relative to your height that is associated with health risks.

| BMI            | Rating      |
|----------------|-------------|
| Less than 18.5 | Underweight |
| 18.6–24.9      | Ideal       |
| 25.0–29.9      | Overweight  |
| More than 30.0 | Obese       |