**Why should you drink water?**

Water (H²O) is a natural liquid, which is vital in order to stay healthy. Unfortunately however, many people do not drink enough. Some people find it difficult to find time to drink water; others say they just don’t like the taste! Did you know that adults should drink at least 3 litres of water a day to keep hydrated? There are many reasons to drink water and here are a few to help you understand:

Firstly, (and most importantly) drinking water helps maintain the balance of body fluids. Your body is composed of about 60% water. The functions of these bodily fluids include digestion, creation of [saliva](http://www.webmd.com/oral-health/what-is-saliva), transportation of [nutrients](http://www.webmd.com/a-to-z-guides/major-nutrients-in-food-topic-overview) and the maintenance of a stable [body temperature](http://www.webmd.com/first-aid/body-temperature). If you do not drink enough water, you could get too hot or cold easily and become unwell. Additionally, if you don’t consume enough water, your body will find it harder to digest food which could cause stomach ache!

Do you want to become fit, healthy and muscular? Water helps energise muscles and keep them healthy. If you drink an insufficient amount of water, your muscles can tear and ache. Water plays a vital role in the recovery process, so when you next exercise drink plenty and notice the contrast in how your muscles feel.

How do you moisturise your skin? If you drink enough water, your skin will moisturise itself and be much healthier. This will stop you from spending hundreds of pounds on moisturiser that you could spend on doing amazing activities like bowling or going to the cinema! Additionally, by drinking plenty of water, you will get less wrinkles when you are older - water keeps your skin supple and flexible.

Overall, no other drink can make you as healthy as water: it is a true miracle cure. It helps you keep healthy skin, repair muscle damage and supports the digestion of food. If you don’t like the taste of water, you can always try adding a small amount of sugar-free squash for flavour.

Keep your body fighting fit! Drink lots of water, sip by sip!