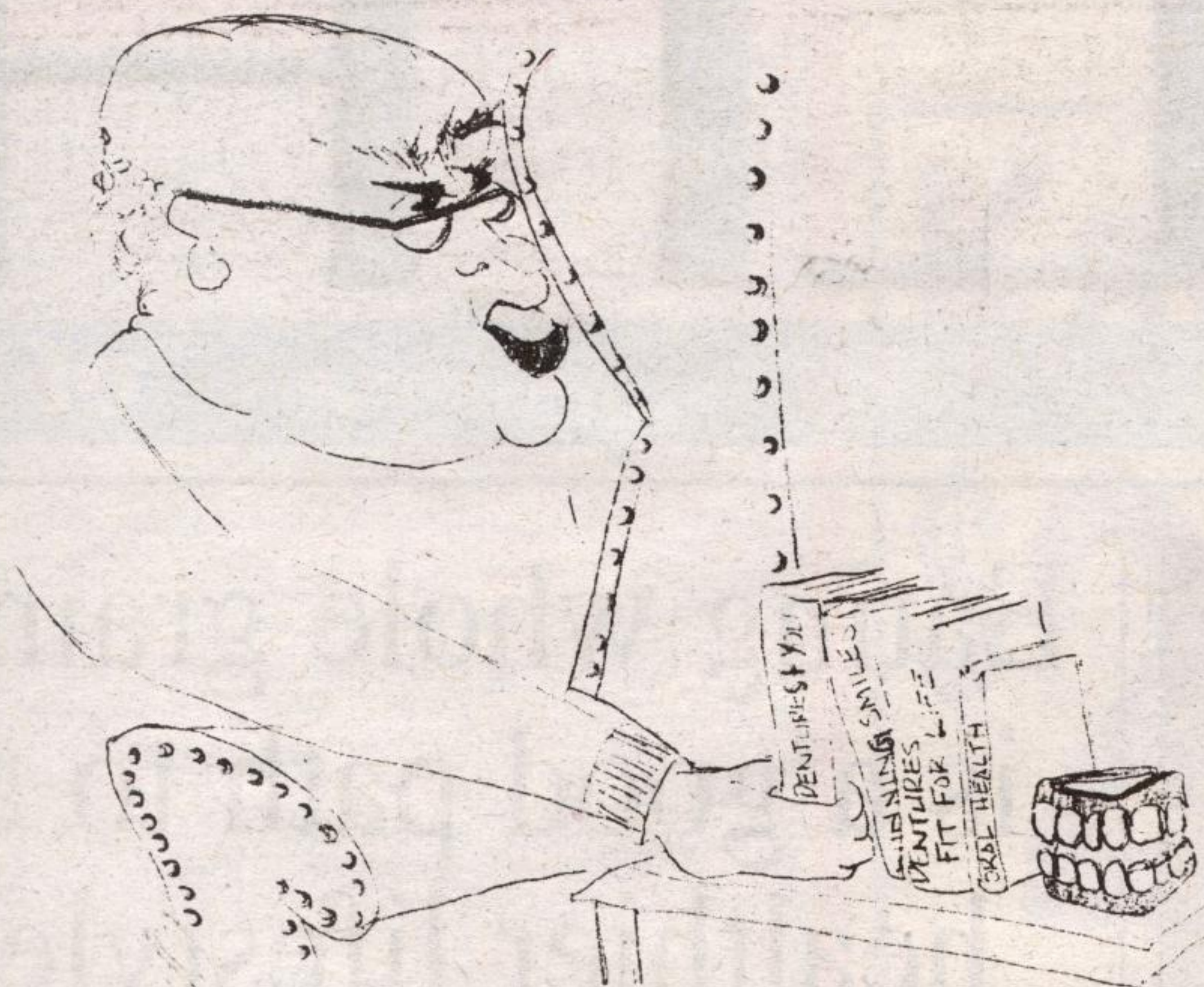


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## Hone your hydration habits Drink more water

Did you know 75 to 90 per cent of the population is chronically dehydrated, even though Canadians consume 350 litres of water every day, through use such as laundry, showering and drinking? Our bodies, which are made up of 75 per cent water, need water to breathe and perform kidney functions among many other requirements.

You shouldn't rely on thirst as an indicator of dehydration. By the time you become thirsty, your body is already slightly dehydrated. Adults should drink at least the recommended eight cups of water per day.

"Keeping fresh, natural spring water readily available in your fridge is a simple way for families to keep hydrated and refreshed," says Thierry Houillon, president, Danone Waters of Canada.

Follow these eight simple tips to keep you and your family hydrated:

1. Drink before you get thirsty – keep a bottle of water on your desk or in the car and take frequent sips
2. Encourage children to sometimes drink water over soft drinks or juice
3. Make water a part of your meal – keep a cool supply in your refrigerator. The new 8 litre bottle from Canadian Springs makes it easy with a new size specifically created to fit in your fridge and a unique easy-to-use tap
4. Carry water with you– keep an individual size bottle in your car or purse
5. Ensure the water source in your

home is convenient and accessible for your family either in your refrigerator or a home cooler

6. Make sure water is always on hand – include a bottle of water when packing your lunch

7. Monitor the fluid intake of young children as they are unable to express thirst – fill "sippy" cups with cool, crisp spring water

8. Don't count beverages containing caffeine or alcohol toward your daily water intake – caffeine and alcohol consumption in excess can lead to dehydration

For more information, visit [www.canadiansprings.com](http://www.canadiansprings.com) or call 1-877-442-PURE.

—News Canada

### Water wows!

- Each day people must replace 2.4 litres of water which is lost from their bodies through perspiration and kidney filtration.
- The human body absorbs cool fluid better than room temperature or warm beverages.
- The equivalent of 100 million bath tubs full of water goes over Niagara Falls every minute
- Of the total world's freshwater supply, about one-third is found underground. The majority of this underground water can be found in aquifers similar to those that are used for bottled spring water

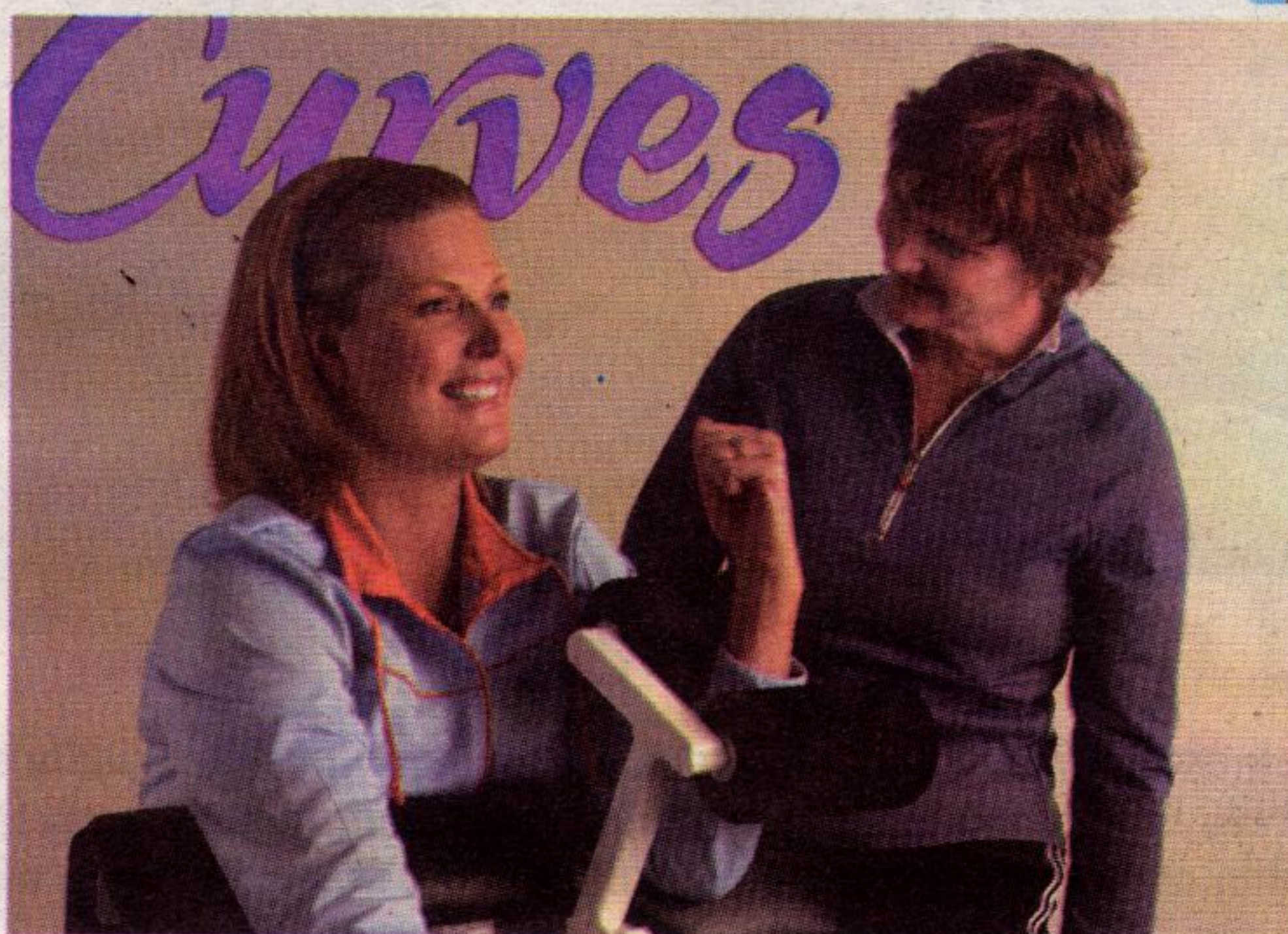
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