

STAYING HYDRATED DURING THE COLD SEASON



Drinking plenty of water during the warm summer months is easy. It's when the season changes, and temperatures start to drop we don't experience thirst as much, and we forget our bodies still needs water.

The reason for not feeling thirsty in the winter is simple. We don't sweat a lot when it's cold out, so we are not as thirsty.

Also, thanks to the crisp weather, we tend to get hungrier in the winter and eat more food. Water is needed to help in the

digestion process of food. By not consuming enough water, digestive problems like constipation, and others can take place.

Furthermore, water is needed to keep skin supple, soft and moisturized during the dry winter months.

The fact is that maintaining hydration is vital for the proper functioning of the body, no matter what the season.

How much water should one drink during the winter season? Depending on gender and activity of the person, listed below are approximations and vary from person to person.

- Men: 8 - 10 glasses of water
- Women: 6 - 8 glasses of water
- Exercising men: 10 - 14 glasses of water
- Exercising women: 8 - 12 glasses of water

If you find it difficult to drink plain water all the time, check out the recipes on ***"Adding Flavor to Your Water"***.