Are you drinking enough water?

Usually, it is good to drink at least six to eight cups of water every day. You may need to drink more or less water. This depends on how healthy you are, how much you exercise and how hot the weather is.

Drink more water if you exercise in hot weather.

Our bodies lose water by:

- sweating
- breathing
- urinating

You need to replace what is lost.

How can you tell if you are drinking enough water?

Look at the colour of your urine. If it is light yellow or clear, then you are drinking enough water. If it is a darker yellow, you need to drink more water.

Adapted from HealthLinkBC and Canada.ca • Photo: Pexels/Liliana Drew