

Published based on [Water and Health Drinks Help Check That You Remain Fit And Well Hydrated!](#)

# **Water and Health Drinks Help Check That You Remain Fit And Well Hydrated!**

70-75% of the total body weight is composed of water. This goes on to state the importance of maintaining an adequate level of water in our body. It is observed that most of us do not drink water until we feel thirsty. Ideally, this should not be the case. We feel thirsty only when the level of water in our body has reached low levels. It should be made a practice that we regularly hydrate our body at regular intervals so that we do not allow our body to dehydrate. Doctors have advised that we should take upto 8 glasses of water a day. This would help us to hydrate the tissues of our body sufficiently. Water and health drinks are also a good source of important minerals and electrolytes which aid us in maintaining adequate levels of salts in our body.

The salts that our body loses in the form of sweat needs to be replenished. It is a good thought to make it a habit to carry with you a bottle of water or a health drink and take it regularly. These health drinks are very easy to find in the market. The vertical of health drinks is shared by several popular players like Red Bull, Getorade as well as [Herbalife](#).

A well hydrated body results in soft and supple skin and allows a radiant glow on the face. It keeps you energetic and does not allow you to feel tired and down. It is very important that you keep a check on drinking water and health drinks and make them a part of your daily regime !

You can also find this article published on [Water and Health Drinks Help Check That You Remain Fit And Well Hydrated!](#), and on the tag pages [Herbalife](#).