

Intro:

Hey everyone I'm Chris Hall and and im Tyler Showerman. Its December 12th 2018 here at m Stockbridge high school.

When you think about what you need to stay alive, the first thing we think of is food and water. Everyone knows that you are supposed to drink at least 8 cups of water per day, but the average person only drinks about 4. Even I myself don't drink as much water as I should. I think this is because we just don't understand how important water is to our mental and physical health. Today we will be talking about all of the benefits of water, which include your mood, weight loss, and even kissing.

Staying hydrated is incredibly important to your physical health. Healthline explained that Dehydration can have a noticeable effect if you lose just 2% of your body's water content. However, it is not uncommon for athletes to lose up to 6-10% of their water weight via sweat

Dr Rob Raponi

One thing many people don't realize is water plays a huge role in your mental health. your brain is made of 73% water. Being dehydrated impairs performance in tasks that require attention, psychomotor, and immediate memory skills, as well as assessment of the subjective state."water helps you think, focus, concentrate, and stay alert.

Being dehydrated can actually shrink your brain. A team of scientists in the UK found that 90 minutes of sweating without replenishing lost fluids shrinks the brain as much as a year of ageing. It also causes withering equivalent to two and half months of Alzheimer's disease. This is why we get severe headaches when were dehydrated

<http://thorzt.com/could-chronic-dehydration-be-shrinking-your-brain/#.XA6HBmhKjnE>

A fun fact many people don't know about water is that it actually makes you a better kisser! This is because hydrated lips are more sensitive to touch. It also keeps you from getting bad breath

That concludes our podcast today. Thank you Dr. Raponi and Allie showerman for the interews. Remeber kids, drink your water!

The main oint we want you to get from this episode is that water i so important to your health whether its mental or physical and it provides many beifits besides just quenching ur thirst



