



◆ Water is the original health drink. It contains no fat, no calories, and no cholesterol.



◆ Because 60 percent of an adult's body is water,



it is essential to replenish the water you lose through breathing, perspiration, and excretion. For most people, this equates to approximately 8 cups (2 liters) a day.

◆ Through the processes of evaporation, condensation, precipitation, and infiltration—the hydrologic cycle—the total amount of water on Earth remains constant.

