



EXECUTIVE VITALITY™: RAISE A GLASS TO THE NEW YEAR

A glass of *water* that is!

Drink more water in 2019. The human body is about 60% water. Note that this is the *majority* of the body. That means that *all* cellular activity—including what goes on in the brain cells—depends on water. Research shows that even slight dehydration is detrimental to brain function.

Five reasons lifting your glass of **water can increase your productivity**:

1. You will feel better
2. You will have more energy
3. You will think better (enhanced cognition)
4. You will have better memory function
5. Your focus and attention will improve

Health benefits of drinking water:

1. Relieves fatigue
2. Improves mood
3. Helps prevent headaches including migraines
4. Helps in digestion
5. Aids weight loss
6. Prevents constipation
7. Normalizes blood pressure
8. Cushions joints
9. Regulates body temperature
10. Maintaining electrolyte (sodium) balance

Here are more articles on the subject. From Braintropics, see [Can drinking water increase your work capacity and productivity](#) and from NIH, see [Update on Water Balance and Cognitive Performance](#)

And here are two articles from Harvard Medical School, see [How much water should you drink](#) and [Big benefits plain water.](#)

Keep a water bottle on your desk.

We wish you a happy, healthy, and hydrated new year.