Importance of Water

Specific Purpose Statement: Today I am going to persuade my audience to drink more water, and discuss what happens when the body does not have enough water, the different ways to obtain water, and the various benefits associated with drinking water.

Central Idea: If you drink a certain amount of water a day, you will be able to live a healthier lifestyle.

Introduction

I. I would like everyone to lift their hands and extend your fingers and pinch the skin on top of the hand.
   a. By a show of hands, who’s skin did not instantly return to its natural form?

II. NEED - Dehydration is an abnormal depletion of water from the body that is caused by not consuming enough water for the body to function normally.
   b. Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in.
   c. In severe cases of dehydration there is the possibility of fainting or even death.
   d. Even feeling thirsty is a sign of becoming dehydrated says Dr. Brenda Davy of Virginia Tech.
Caused by other factors such as excessive sweating, increased urination, the inability to drink water, being sick, etc.

III. Some signs of dehydration are dry mouth, lightheadedness, muscle cramps, weakness, nausea and vomiting, and decreased urine output.

IV. The young and elderly are especially susceptible to dehydration.

Transition

- Today I am going to persuade everyone to drink more water. (Specific purpose)

Body

I. Mayo Clinic Staff said that water is the body’s principle chemical component.
   a. Studies have been done at the Institute of Medicine finding, on average, women should drink 9 cups of water a day. And men should drink about 13 cups daily.

II. There are many factors that come in play when determining how much water the body actually needs.
   a. Health, body size and age play a big role.
   b. How active you are plays also plays a big role in determining how much water is needed in order to remain hydrated.
      i. The more you sweat while working out or just in general, you need to take in that much more water.
   c. I know personally, the importance of water being an athlete.
i. I need to stay hydrated in order to perform the required tasks of me by my coach and teammates.

ii. I must then take in a great deal amount more water than someone who is not as active.

III. Satisfaction - There are ways to get or stay hydrated and not have to experience dehydration.

   a. Drinking water is the easiest and fastest way to get hydrated.

   b. Many foods contain water as well that our bodies can absorb.

      i. Fruits such as Apples, watermelon, bananas, and grapes.

      ii. Vegetables such as lettuce, tomatoes, spinach, and radishes.

      iii. Clear broths and meats also contain small amounts of water.

IV. Benefits – The main benefit of water is staying hydrated so the body can function normally.

   a. Other benefits include, water helping you feel full faster.

   b. Water revs up metabolism by pumping more blood into the heart that produces energy.

   c. Water intake can lower stress levels because 70%-80% of brain tissue is made up of water and when the body is dehydrated it puts more stress on the brain.
d. Water can also help build muscle tone.
   i. It helps to prevent muscles from tearing
   ii. It lubricates the joints in the body to be able to exercise longer and harder without hitting a wall.

e. Water can also make you look younger.
   i. Fine lines and wrinkles become deeper and more noticeable when the body is dehydrated.
   ii. When you drink water it hydrates the skin cells and plumps them up tightening and nourishing the skin.
   iii. Acne and skin impurities can also be cured by water because when you are hydrated your skin becomes more healthy.

f. Another benefit of drinking water is it helps your digestion system flow more smoothly.
   i. Water flushes out the system and makes it easier to digest foods.

g. The intake of water reduces the possibility of kidney stones.
i. Water dilutes the salts and minerals in urine that for the solid crystals known as kidney stones.

**Conclusion/Action**

I. Now knowing the body’s need for water, what can happen if the body does not receive enough water, how easy it is to obtain water, and the many benefits of drinking water; I strongly urge you to take action and drink more water so you are in control of your body and not let it be controlled by dehydration.

II. Water can be the easiest solution to many of our everyday problems from stress to skin impurities.

III. Who would have thought that it would be as easy as drinking a mere 13 cups of water a day? I know I didn’t.