

# It's World Water Day!



**Today, March 22nd, marks World Water Day.**

A day dedicated to raising awareness about the importance of conserving water and managing our planet's water resources.

This year's theme is "Accelerating Change," which emphasizes the need to solve the water and sanitation crisis and the importance of recognizing and appreciating the value of water in all aspects of our lives.

At PRAXES Medical Group, we are committed to promoting the health and well-being of individuals and communities. Water affects everyone, so it's imperative we all do our part by changing the way we use, consume, and manage water in our lives.



**Here are some ideas to help you conserve water in your daily life:**



**Turn off the tap while brushing your teeth or shaving.**



**Fix any leaky faucets or pipes.**



**Water your lawn and garden in the early morning or late evening to reduce evaporation.**



**Take shorter showers. Start by reducing your shower time by a minute.**

**Staying hydrated is essential for maintaining optimal health and well-being.**

PRAXES Medical Group's Wellness Program is designed to provide comprehensive healthcare support and evidence-based education for seafarers.

In our wellness program, we recognize the vital role that water plays in promoting a healthy well-being, especially for those that work in challenging environments. It is crucial for seafarers to stay hydrated in order to prevent dehydration, which can lead to fatigue, heat exhaustion, impaired cognitive function, and other serious health issues.

Our bodies are made up of approximately 60-70% water, and we need to consume enough fluids to replenish what we lose through daily activities like sweating and urination.



**Hydration plays several important roles in our bodies, including:**



Regulates body temperature: When we're dehydrated, our bodies struggle to maintain a stable temperature, which can lead to overheating and even heat exhaustion.

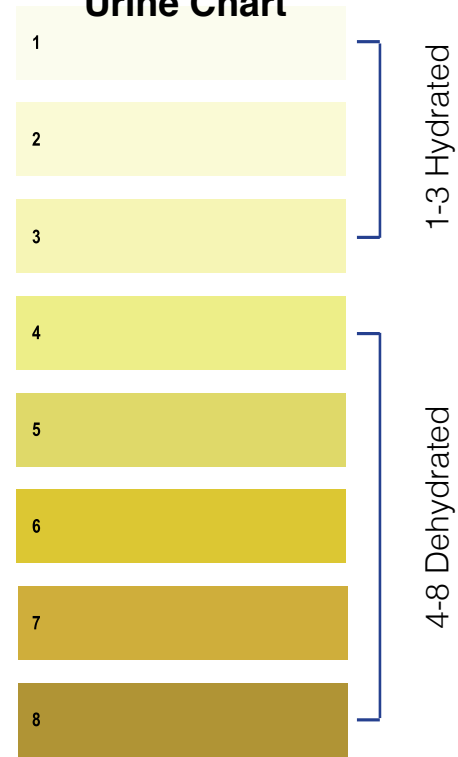


Supports organ function: Water helps transport nutrients to our cells and carries waste products away. Adequate hydration is essential for the proper functioning of our kidneys, liver, and other organs.



Boosts physical and cognitive performance: Drinking enough water can help prevent fatigue, improve endurance, and enhance overall athletic performance.

**Urine Chart**



For more information on our Seafarers Wellness Program, please email us at [sales@praxes.ca](mailto:sales@praxes.ca). We look forward to hearing from you!

