

# Speech 1



**ASSIGN  
BUSTER**

Teacher Why we need to drink at 2 liters of water each day? Next to air, the second most essential element for us to live is water. We can survive without food for days and even a week or two but without water, few days is already very long time to live. The human is composed of approximately 80 percent liquid and this explains why need to drink at least 2 liters of water a day. This gives us an idea how important water is in our body and why we should always nourish it with water to keep our body healthy.

Since the body is composed mostly of water, we need to drink at least 2 liters of water each day. This can come in several forms either in tap water or the liquid/water that comes with the food we eat. The liquid in our body needs to be supplied with water daily for our body to live and to function. Without water, we will be dehydrated and will surely die.

We also need to drink water at least 2 liters a day for us to be healthy.

Proper intake of water improves the circulation of our body making us healthy and disease free. We may be able to survive drinking less than 2 liters a day but that will affect our health and strength. Ample intake of 2 liters of water a day helps the body cleanse itself to improve its circulation and remove the toxin from our body.

There are instances when we need to drink more than 2 liters of water a day. This is when we engage in physical activities especially sports. Our body needs more than 2 liters of water when we engage in sport because it uses more nutrition when it exerts effort and part of it is water. Water also keeps our body cool during strenuous exercise through perspiration to avoid it from "overheating". Thus we have to replenish those lost waters by hydrating our body by drinking more than 2 liters of water.

Water is indeed important to our body. We need to drink 2 liters of water to

live and to hydrate our body that is composed of around 80 percent liquid. Water is basically essential to human life. We also need to drink 2 liters of water to keep our body strong healthy. We may survive in drinking less than 2 liters of water a day but that will severely affect our health because the body is not properly hydrated and it does not have enough liquid to keep it strong. Finally, we need to drink more than 2 liters of water a day when we engage in strenuous activity particularly sports to replenish the water that was lost during the increased activity. Indeed water is indispensable to our well-being because we need to drink it in order to live and at least 2 liters of it to remain healthy and more of it when we engage in physical activity. Such, if one wants to remain healthy and strong, he or she should drink at least 2 liters of water a day.