Futurepace Tech Tackles The 'How Much Water Should I Drink A Day' Question

June 24, 2015

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Futurepace Tech LLC, a business in Valley Cottage, NY, is keen to answer a very common question: "how much water should I drink a day". This question has circulated the world for a long time, and people seem to struggle to come up with a definitive answer. Futurepace Tech has tried to explain the answer to this question, while at the same time offering the best insulated water bottle to help people actually achieve their recommended daily intake. It is hoped that this information will help more people to achieve greater overall health.

"One of the reasons why people find it so hard to find out how much water to drink in a day is because there are so many different variables to contend with", says Robyn Everingham from Futurepace Tech. "We have tried to simplify the data surrounding daily water consumption. At the same time, our insulated flask can help people to easily reach that target."

The official recommended water intake from health authorities is eight 8 ounce glasses per day. It has been referred to as the 8 x 8 rule for ease of remembering. However, this is the recommendation for the average person, with an average lifestyle, living in an average climate.

There are a number of important variables to take into consideration as well. Someone who is taller or heavier will need more water, as does someone who engages in sports. Additionally, if people live in a very warm climate or are engaged in outdoor activities such as hiking, they will also need more water. Finally, people who want to lose weight may also need to increase their water intake.

The stainless steel insulated sports water bottle offered by Futurepace Tech holds 600ml of water. While not enough for an entire day, it is more than sufficient for a specific activity, such as a day at work or a session in the gym. With an increasing number of public places providing taps for refilling bottles, the Futurepace Tech bottle can be refilled easily during the day eg. US airports have filling stations to fill bottles inside security clearance. Furthermore, the insulated bottle keeps drinks cold for 24 hours, or hot for 8 hours meaning it can also be beneficial in any climate. Indeed, when looking at what people are saying about the flask, it is clearly a very popular item.

"I have been looking to switch from plastic bottles to a stainless steel one for a little while now", says Malvina Granovskaya. "It is great to go green and save some money on plastic bottles. The bottle is sturdy and will not dent easily. It keeps my water cool and I am excited to start using it regularly. Also the cap screws on tight so I won't be experiencing spills!! yay!"

Those who also want to experience a quality bottle and understand more about how much water to drink each day depending on their personal lifestyle can click here for further information.
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