

# Keep Hydrated this Winter with Big Wet Water

Big Wet Water is making it easy for Australians to keep hydrated as the weather cools with a special on spring water coolers. Their annual deal on natural spring water delivered in Melbourne includes renting a water cooler for just \$49\* for one year and getting a bundle free.

The bundle includes a free-standing water cooler, cold and room temperature water dispensers and 4 x 15L natural spring water bottles. Customers will also get a \$25 Coles Myer Gift Card in this bundle.

Big Wet Water has been delivering healthy water solutions to Australians for over two decades. The positive effect drinking water has on a person's health, well-being, alertness and productivity is well documented, making a spring water cooler or filtration system a great addition to any home or business.

In winter, people tend to go for longer periods without water, not realizing that breathing cold and dry air causes the body to lose significant amounts of fluid. When we perspire in cold weather, the sweat turns into vapor and isn't directly on our skin, so there is not the excessive perspiration that acts as a visual cue for us to drink.

In winter, people feel about 40 percent less thirsty, even though the body's need for water is unchanged year-round. Because we don't feel thirst as acutely as we do in summer, we're less likely to keep a bottle of water handy during cold-weather months. Dehydration is a danger for the body. But most people don't realize the hazards it poses to the heart.

The body is 70 percent water. It is essential to health to maintain that level of water to regulate metabolism and stay healthy. So, for example, if an individual weighs 100 pounds, 70 pounds of that weight should be water. If this ratio drops, the heart is deprived of fluid, and it has to pump harder to get blood circulating and blood volume decreases. To preserve itself the body directs blood flow to the body core and the organs. As a result, the blood vessels in the extremities, called the "peripheral vessels" stiffen up.

There is a natural loss of fluid during the day from respiration and perspiration. If you do exercise of any kind, you need to drink a litre of fluid to maintain a healthy proportion of water in the body. If you wrap yourself in warm clothing, for example if you're skiing and wrapped layers, you sweat even more, and you need to drink more.

Whether it's summer, winter, autumn, or spring, drinking water is an essential part of our lives. Drinking clean, purified water only has positive effects on one's health and well-being. Drinking sufficient water, no matter what the season is, can help us stay healthy, protected, and alert. For clean, filtered water, choose Big Wet. Big Wet's water comes from the Daylesford and Hepburn Springs region of Victoria, an area renowned for the purity of its water. Big Wet provides water that has no hidden impurities, chemicals, or preservatives; it is simply clean, natural water.

For more information on water chiller filter, water cooler dispenser, spring water delivery and more, visit <https://www.bigwet.com.au/>

Reference: <https://www.summitmedicalgroup.com/news/living-well/stay-hydrated-cold-weather/>

## Contacts

Big Wet  
1300 699 965  
mailto: [sales@bigwet.com.au](mailto:sales@bigwet.com.au)