

What's with all the Water?

Eight Glasses a Day?

A person should drink 2 L (or eight 8-ounce glasses/day).

Most adult horses need at least 37-45L (10 - 12 gallons) of water every day! That's 156 glasses of water!!

The body cannot store water so it must take it in every day.

Part of the brain tells us when we need to drink water, this is why we and our horses get thirsty!



2/3 of a horses' body is water!

That means an average adult horse that weighs 450-500kg has 350kg (or 350L) of water inside them!

Let Them Eat Snow? NO!

**10 inches of snow
=
1 inch of water**

If 2 inches of snow fell, a horse would have to hoover over 4 football fields to get enough water!

Hot Hazy days of Summer...

Horses can sweat 10-15L hour if they are working very hard in hot weather.

Sweating means losing a lot of water and body salts which need to be replaced.

Make sure your horse have access to clean, cool water. Provide salt (NaCl) in the stall or run-in shed

Why is Water Important?

- aids in blood circulation
- proper muscle function
- helps in digestion of food
- cleans the body of toxin & waste products
- skin elasticity
- cooling the body

So?

ALWAYS PROVIDE LOTS OF CLEAN, FRESH WATER TO YOUR HORSE EVERYDAY