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##Write an introduction to an informative and factual blog post titled "10 Easy Ways To Get In Shape In Your Apartment". ##In the blog post, please discuss 10 fitness advice that can be found in a living room. ## To show that you have an understanding of the topic, please include a few citations from websites that have researched and written about the topic. ##You should research and match your match to the proper audience who will most likely be interested in your blog post. ##Your blog post should be between 1,500 - 2,500 words long.

In this article we are going to discuss about "Water In The Body". In this article we are going to discuss various types of water in our body which will help you to understand how water functions in our body. You can adjust this article according to your need. I have provided different types of water in article so you can choose which one you are interested in.

Water is the most important element in our body. We cannot live without water. Water is helpful for our body in number of ways, here are some of them:

We must know how water works in our body because it will help us to maintain balance between water and dehydration. Also, knowing about different types of water will help us to understand about different foods which will affect our health positively or negatively.

We can find water in our body in following forms:

(1) Intracellular Fluid (ICF) This water is present inside the cell. This cannot be seen by any instrument. It is responsible for the transport of nutrients and waste materials throughout the cell. It consists of two types of water i.e. (a) bound water and (b) free water. Bound water has certain amount of ions with it, whereas free water contains no ions with it. Total amount of both these types of waters are present inside one single cell is more than 90%.

(2) Extracellular Fluid (ECF) This water is present outside the cell. It can be seen by any instrument so it is also called as plasma water. It consists of two types of water i.e. (a) bound water and (b) free water. Bound water has certain amount of ions with it, whereas free water contains no ions with it. Total amount of both these types of waters are present inside one single cell is less than 10%.

1. Intracellular Water: This type of water is present inside the cell.

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