



Health & Wellness Hydration



Most of us recognise the importance of drinking more water in warmer months and it's easy to forget to keep hydrated.

Adequate hydration is essential for all of us, regardless of how active we are.

Whether you work in an office, play sport or just try to stay healthy, maintaining a sufficient water intake is crucial.

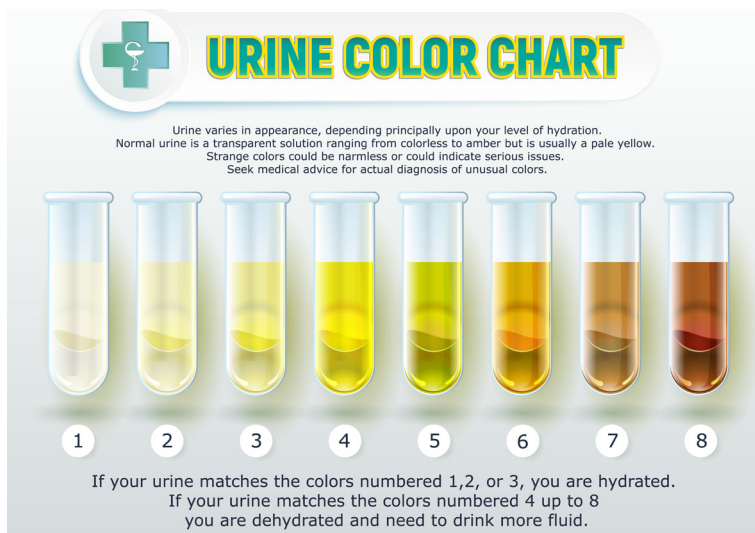
Water is essential to keep your body operating properly as hydration improves nutrient absorption, regulates pH balance and body temperature, lessens the burden on the kidneys and liver by flushing out waste products, improves mental focus, boosts your immune system, and maintains skin elasticity. It also contributes to the prevention of muscle spasms and lubricates your joints.

SIGNS YOU ARE DEHYDRATED

- Feeling thirsty.
- Elevated body temperature.
- Headaches and muscle cramps.
- Dark urine or infrequent urination.
- Dry mouth and/or skin.

WHAT LEADS TO DEHYDRATION

- Excessive physical activity.
- Blood loss, vomiting and diarrhoea.
- Too much alcohol, caffeine or other stimulants.



HOW TO STAY HYDRATED ...

- Your body can absorb room temperature water better than icy cold water.
- Add one litre of water for every hour of exercise if you sweat a lot.
- Aim to take regular sips rather than a lot at one time.
- Soft drinks, tea and coffee will dehydrate you are not counted as part of your required daily intake of fluid.
- You will need around 35 ml water per kg of body weight. So a 80 kg person needs about 3 litres of water a day.

