

WE ARE **WELLBEING**

HYDRATION

INTRODUCTION

We need water to survive. Every cell, tissue and organ in our bodies need water to work properly. Our bodies use water to regulate temperature, remove waste, and help our joints move. Water can make our skin look good and we need it for overall good health and wellbeing. Water makes up nearly two thirds of an adults male's body and just over half of the female body.

When we don't drink enough water, we may become dehydrated and our body may not be able to work properly or as efficiently. People who exercise regularly, have certain medical conditions, are sick, pregnant or trying to lose weight may be at higher risk of dehydration. The risk of dehydration also increases in older adults.



Most adults need around 2-2.5 litres of water per day to maintain good hydration. We get most of the water we need from drinks, however water can also be found in some foods.

We lose about 1.7 litres of water per day when we go to the toilet and another 500ml when we sweat. We also lose fluid when we breathe.

STAYING HYDRATED

Water
Fruit juice and smoothies
Milk
Tea & coffee*
Fruits and vegetables
Stews
Sports drinks*

SIGNS YOU MAY BE DEHYDRATED

Feeling thirsty
Urine which is darker in colour
Dry mouth
Tiredness
Dizziness

*recommended intake only.

TIPS FOR STAYING HYDRATED



Take a water bottle wherever you go



Eat water rich fruit and vegetables



Drink a glass of water as soon as you wake up



Limit caffeine and alcohol