

Hydration.

How much is enough?

How much water should I drink every day?

The amount you should drink each day depends on several factors including climate, physical activity and diet. The UK Food Standards Agency recommends that "in a moderate climate, such as the UK, we need to drink at least 6/8 cups/glasses of water (or other fluid) to prevent dehydration.

Another way to monitor hydration levels is to observe your urine colour. Your urine should be clear or pale colour. Observing lighter coloured urine throughout the day is an indicator you are drinking enough and shows you are well hydrated.

Five tips to increase your water intake:

- Start the day with a cup of hot water with a good squeeze of fresh lemon. This will give your digestive system a real boost
- Instead of caffeine and alcohol, drink water. Caffeine and alcohol act as diuretics and cause the body to lose water. Ask for a glass of water with your coffee and tea in cafes
- Throughout the day have water constantly available; keep a water bottle on your desk so you can top up your glass throughout the day and carry a bottle of water with you when you are on the go
- Create a daily schedule; drink a glass after breakfast, one before lunch etc. You may want to track your water intake, to ensure that you drink enough water
- Monitor your urine colour. Clear or pale is preferably to dark.



Top 5 reasons to hydrate

1. Are you getting enough?

Drink water even when you don't feel thirsty; by the time you feel thirsty your body has lost between 2 and 5 cups of water.

2. Unable to concentrate?

When you are dehydrated your attention and concentration can decrease by 13% and short term memory by 7%. Drinking 6-8 glasses a day helps to improve your concentration. Your body is 50-60% water. Drinking 6-8 glasses a day helps your body function properly.

3. Feeling peckish, snacking all the time?

Have a glass of cold water when you start to feel hungry. People often confuse mild feelings of thirst with mild hunger. Eat more fruit and vegetables each day. They are good for you and are 80-90% water. Drinking water can help manage weight by curbing the appetite and it is calorie free.

4. Exercise and increased temperatures result in higher demand for water

Drinking water before, during and after any physical activity to help keep your heart rate and body temperature lower. When the weather gets hotter your body loses more water. You should drink additional water each day to compensate for this loss.

5. Water is the ultimate beauty product

Dehydrated skin looks older. Drink lots to keep your skin looking younger and vibrant.