



10 SIMPLE WAYS TO DRINK MORE WATER

While keeping your body hydrated is one of the easiest ways to improve your health, research shows that nearly half of us are dehydrated. To stay healthy and hydrated, European recommendations suggest 1.6L of fluid per day for women (about 8x 200ml glasses) and 2L of fluid per day for men (about 10x 200ml glasses). This is on top of the water provided by food you eat. If you don't drink enough, it can affect your body temperature, energy, brain function, digestion, mood, performance, and joint health. Use the tips below to hydrate better and improve your health.

1. Drink a glass first thing in the morning

When you wake up, drink a glass of water before enjoying your morning coffee, tea, or juice. Drinking water will replace fluids lost during the night and jumpstart your hydration for the day.

2. Do a mid-day hydration check

Looking at the colour of your urine is the easiest way to monitor your hydration (but check the flow not the pan). If your urine is darker than usual, you're dehydrated. Make it your daily goal to have paler urine by 3 p.m. It will give you a good idea of how well you're hydrating in the morning. If your urine isn't pale, drink water immediately and work to hydrate better the rest of the day.

3. Naturally flavour your water

Water doesn't have to be boring. Add a burst of flavour with sliced fruit like lemon, lime, orange, watermelon, mango, kiwi, pineapples, berries, pineapple, cantaloupe, and grapes. Cucumbers with thyme, lemon with mint leaves, and sliced ginger root are also tasty options.

4. Keep a water bottle with you at all times

To stay hydrated, keep a one-litre bottle with you at all times and plan to refill it based on your personal hydration needs.

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5. Replace fizzy drinks, juice, and coffee with water

While it's clear that water is the best option for hydration, fizzy drinks, juices, and coffee drinks can be tempting but they can be loaded with calories and sugar. As a starting point, work to decrease your intake of these drinks to one per day. This can help with hydration and weight management.

6. Set a reminder

It's easy to forget to hydrate until you feel thirsty, but by that time you're already dehydrated. Set a schedule or calendar reminder a few times throughout the day to help you remember to refill your glass and hydrate.

7. Eat more fruits and veggies

Eat two to three servings of fruits and vegetables at every meal. Unlike processed foods (sugar, flour, salty snacks, lunch-style meats), fruits and vegetables are high in water and minerals.

8. Hydrate when you exercise

Just 2 percent dehydration can lead to a 20 percent decrease in performance. It can take time for fluids to be absorbed into your body. Drink steadily during the day and aim to drink around 500ml of fluid at least four hours before you exercise. In the 10 to 15 minutes before you exercise, top your fluid levels by drinking about half of this again. During exercise, BUPA recommends the following;

The sweat rate calculation

Weigh yourself before exercise (do this before going to the toilet).

Weigh yourself after exercise.

Compare the figures.

For every kilogram of body weight you lose, drink up to a litre and a half of fluid.

9. Drink before you eat

Before each meal, drink at least three gulps of water. Thirst can often be confused with hunger. To avoid overeating and dehydration, drink a few gulps of water at the first feelings of thirst or hunger. Wait a bit and then decide if you're really hungry.

10. Finish your day with water

Before you go to bed, drink a glass of water to stay hydrated overnight. If you prefer a hot beverage to end your day, drink hot water with lemon.