



Hydration! Why does it matter

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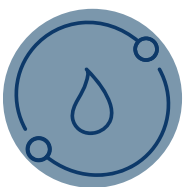
HYDRATION



Why does hydration matter?

With 2/3rds of our body being made up from water it is vital we drink enough fluids each day to maintain a healthy balance. Good hydration is one of the most important aspects of our diet, drinking enough liquids to keep the fluid levels in our body topped up helps to ensure our body can function normally. Not drinking enough fluids or losing fluids through exercise or in hot weather and not replacing them can result in dehydration.

Dehydration may cause headaches, fatigue, lack of concentration, thirst, dizziness and confusion, constipation, UTI's (urinary tract infection), kidney stones, skin conditions, dry mouth, lips or eyes, and poor health.



How do I know if I'm hydrated?

Waiting for the sensation of thirst is not a good enough sign for you to drink more fluids, by the time we feel thirsty our body is already dehydrated and potentially suffering some effects. Simply drinking to eliminate the feeling of thirst doesn't fully hydrate the body.

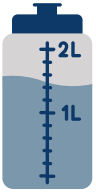
One of the best ways to check if you are well hydrated is the colour of your urine, which should be light straw coloured. Urine will be darker first thing in the morning, after exercise and with some medications, but at other times if you notice dark and strong-smelling urine it's a clear sign you need to drink more.





How can I keep hydrated?

Start your day with a large glass of water then keep a bottle of water with you and sip at it regularly and remember you will get fluids from tea and coffee and from foods you eat, especially fruit and vegetables. Getting into the habit of drinking fluids regularly is a great way to keep the body properly hydrated.



How much should I drink?

Aim to drink about 1.5- 2 litres of fluid per day (8-10 glasses) which should be drunk regularly throughout the day. If you're active or if the weather is hot or you are ill (fever, vomiting, diarrhoea), you may need to increase your fluid intake to compensate for this.

Water in the body is essential for many important processes to take place. From our blood carrying glucose, nutrients, and oxygen to our cells, to the kidneys getting rid of waste products, lubricating our joints and eyes, helping our digestive system function, and keeping our skin healthy it is vital for our body to have fluids.



What should I drink?

Any liquids will help with hydration. Tap water is a great choice, it's readily available, costs nothing and is calorie free. Other drinks such as milk, tea, coffee, fruit juice, squash and other soft drinks can be included in our total fluid intake. Remember they may also contain other ingredients such as sugars, fats, and caffeine. Regularly drinking some of these fluids containing sugars can cause dental decay and increase the risk of developing type 2 diabetes. Increased calories from fats and sugars may cause weight gain and other chronic diseases such as heart disease.



Don't forget

Hydration plays a crucial role in maintaining good health and well-being. The human body is composed mostly of water and proper hydration is essential for our bodies to function properly. Drinking enough water helps to regulate body temperature, support joint health, and promote healthy digestion. It also helps to flush toxins and waste products out of our bodies and keep our organs functioning optimally. In addition, good hydration is key to maintaining healthy skin, as well as having enough energy and mental clarity to tackle our daily tasks. Therefore, making sure we stay hydrated throughout the day by drinking plenty of water and other hydrating fluids is crucial for maintaining good health.

