

GOOD HYDRATION

STAY COOL DRINK WATER

Did you know that your body is two-thirds water? Even our bones are 20% water...and the human brain is more than three quarters water. We are basically pretty wet, and our bodies need water to work properly. We can survive without food for ages...but without water we'd only last a few days. It's surprisingly easy to be a little bit dehydrated (that's what we call it when your body is short of water)

I AM/YOU ARE WELL HYDRATED

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I AM/YOU ARE NOT HYDRATED ENOUGH

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I AM/YOU ARE DEHYDRATED

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TOP TIPS FOR STAYING HYDRATED

Follow these top tips to keep yourself hydrated and healthy:

- Keep a bottle of water with you all day, and sip frequently when you take a break.
- Drink when exercising, especially when it's hot.
- Don't drink too much tea or coffee.
- Avoid fizzy drinks...they contain too much sugar and are very acidic.
- A dash of fruit juice or a slice of lemon/lime added to a jug of water makes a tasty treat for your family. Try adding cranberry, orange, or apple juice to some sparkling water.
- Sip frequently rather than guzzling, and drink as soon as you feel thirsty.
- Remember that water tastes better when it's cold.
- Soup is a great way to keep hydrated.



AM I DEHYDRATED?

The easiest way to check if you are well hydrated is to monitor your urine. Just take a look next time you go to the toilet! If your urine is dark coloured, you need to drink more fluids. Pee should ideally be clear or very pale yellow, it should not be very smelly, and you should make quite a bit of it. If you can go for hours without peeing, and your pee is dark yellow/gold and smelly, you need to drink more water.

Water is the ultimate beauty product; dehydrated skin looks older than it is. Drink lots to keep your skin looking younger and more vibrant.

WHAT ABOUT SPORTS DRINKS?

Just because it says "sport" on the label doesn't make it good for you! These drinks tend to be fairly sugary, and most of the time you'd be better off with water. Unless you are a serious athlete you're much better off with water.

BENEFITS OF DRINKING WATER

- Helps you to stay cool
- Great for skin
- Good for energy levels
- Improves memory
- Helps you to think
- Good for muscle tone
- Helps your digestion
- Gets rid of toxins
- Great for sports performance
- Helps prevent colds
- Lubricates your joints