

# Hydrate to Feel Great 12 Top Tips

Water makes up to 60% of our body and 85% of our brain. It is essential for life, carrying nutrients, waste products, regulating temperature and lubricating joints. On average the recommended total daily amount of water is 2.5l for men and 2l for women with 70-80% from drinks and 20-30% from food.

## Avoid the problems caused by dehydration:

Thirst, dry mouth, headaches, fatigue, difficulty concentrating, mood alteration, reduced endurance during exercise, bloating (water retention), constipation.

Follow our handy hydration 101:

1	Check your urine – it should be a pale-straw colour 	2	Start the day with one large glass and sip regularly throughout the day 
3	Beware dehydration in the winter as it's less noticeable: soups and stews are great! 	4	In the winter, have plenty of herbal teas, hot water with cinnamon or lemon and ginger 
5	Alternate alcohol with water: as a diuretic, alcohol causes you to urinate more 	6	Carry a bottle with you and keep it where you can see it, on your desk or in your car 
7	Aim to drink 1.5- 2 litres of water a day. Our individual needs vary according to age, gender, body mass, physical activity levels and climate 	8	To make it more interesting, infuse water with cucumber, slices of lime, oranges and lemon, ginger & lemon, strawberry and basil 
9	Think vegetable juices and smoothies: include minimal amounts of fruit to keep fructose levels low 	10	Coffee is fine in moderation: it has a mildly diuretic effect so you will still gain fluid from drinking it 
11	Eat your water: cucumber, lettuce, celery, radishes, tomatoes, peppers, spinach and watermelon contain at least 90% water. They are also high in natural electrolytes, minerals such as sodium, potassium, calcium & magnesium which help balance water in our cells 	12	Beware high sugar content in sports drinks, water is best unless you are exercising intensely for a long period of time. Coconut water is rich in electrolytes but also sugars (even though they are natural, they should be taken in moderation) 