

Hydration

HOW MUCH?



The NHS recommends that people in the UK drink 6 to 8 glasses (1.2 litres) of fluid everyday. All fluids count towards this amount, but remember that fluids other than water may contain sugar, calories, sweeteners or caffeine. Water is calorie and sugar free!

If the weather is hot, you are exercising, or you are sweating you may need to increase this amount.

Please note it is possible to drink too much water and this can be dangerous. If you are urinating excessively and your urine is very pale or clear you may be consuming more fluids than you need. Please seek medical advice.

DRINKING ENOUGH?

Signs that you might not be drinking enough fluids include:

- Feeling thirsty
- Tiredness
- Dark coloured urine
- Headaches
- Feeling lightheaded or dizzy

Being slightly dehydrated can impact on brain function, such as problem solving and concentration.



BENEFITS

Being well hydrated has a range of benefits:

- Supporting brain functions, problem solving, concentration and memory
- Helping your body remove waste through urination
- Keeping joints lubricated
- Aiding digestion and regular bowel movements
- Reducing feelings of fatigue
- Feeling more alert and energised

YOUR PLEDGE AND TIPS

If you feel like you're not consuming enough fluids then you may want to consider a pledge committing to meeting the recommended daily amount. It might be helpful to work out what you're currently consuming to determine whether you do need more fluids before committing to a pledge.

Swapping the type of fluids you're consuming may be an alternative pledge, if you are well hydrated.

Tips for increasing fluid intake include:

- Get a water bottle or jug and refill it throughout the day
- Track how much you're drinking by recording it through an app or by writing it down. Keep an eye on whether you're on track to meet your goal amount
- Take a drink with you when you're out and about
 - Start your day with a glass of water
 - Have a glass of water while cooking your meals
- Swap fizzy drinks or hot drinks, like coffee and tea, for water

