

HYDRATION MATTERS

THE IMPORTANCE OF WATER INTAKE & RECOGNISING DEHYDRATION

WHAT DO WE MEAN BY HYDRATION

Hydration refers to the process of providing your body with enough fluids—mostly water—to maintain normal bodily functions. In simpler terms, it's making sure your body has enough water to stay healthy and work properly.

Water is critical for things like:

- Regulating body temperature through sweating and circulation
- Transporting nutrients and oxygen to cells
- Removing waste and toxins via urine and sweat
- Lubricating joints and protecting organs
- Supporting brain function—like focus, mood, and memory

When your body has enough water, it's hydrated; when it doesn't, it's dehydrated, which can affect energy, mental clarity, and overall health.

In short: **hydration** = giving your body the water it needs to function at its best.



HOW MUCH WATER DO I NEED?

Water needs vary depending on age, activity level, climate, and health conditions. General guidelines:

Women: ~2.7 liters (≈11 cups) per day

Men: ~3.7 liters (≈15 cups) per day

Includes all fluids (water, tea, coffee, soups) and water in foods (fruits, vegetables).

Tip: A simple way to monitor hydration is to check your urine color—pale yellow usually means you're well hydrated.

Replace sugary drinks – swap sodas, energy drinks, and excessive coffee with water or herbal teas.

Hydrate during travel – plane rides, long drives, and air-conditioned spaces can dehydrate you faster.

Flavor with electrolytes – for long workouts or sweating, add electrolyte tablets or coconut water to maintain balance.

Hydrate for skin health – proper water intake helps maintain elasticity and a healthy glow.

Make it a habit – link drinking water with existing routines, like after brushing your teeth or before each meal.



SIGNS OF DEHYDRATION

Even mild dehydration can affect your health and performance. Watch out for:

Dark yellow urine or infrequent urination

Dry mouth, lips, or skin

Fatigue or low energy

Dizziness or lightheadedness

Headaches or difficulty concentrating

Muscle cramps

Water: the simplest way to boost your energy and mood.

TIPS TO STAY HYDRATED

Start your day with water – drink a glass as soon as you wake up to kickstart your metabolism.

Infuse your water – add lemon, cucumber, berries, or mint to make it more enjoyable.

Use a reusable water bottle – keep it with you all day to make sipping automatic.

Set reminders – phone alarms, apps, or sticky notes can help you remember to drink.

Track your intake – use a journal or app to ensure you meet your daily water goals.

Eat water-rich foods – include fruits and vegetables like watermelon, oranges, cucumbers, and celery.

Hydrate before meals – a glass of water before eating can help with digestion and portion control.

Adjust for activity & climate – drink more during exercise, hot weather, or illness.