

HEALTH MANAGEMENT FACT SHEET

Keeping hydrated

Water makes up more than two-thirds of the human body, so it's really important to consume enough fluid to stay hydrated.

Many people get dehydrated by not drinking enough, often by losing fluids and not replacing them.

The body constantly loses water throughout the day, mostly through urine and sweat - but also from regular body functions like breathing. To prevent dehydration, you need plenty of water from drink and food every day.



Even mild dehydration can affect you mentally and physically.



Losing as little as **1.4%** of your body's water content can significantly impair your physical performance.

Research has shown that for both men and women a fluid loss of between **1.4%** and **1.6%** impaired mood, concentration, and memory¹. It also increased the frequency of headaches, feelings of anxiety, and fatigue².

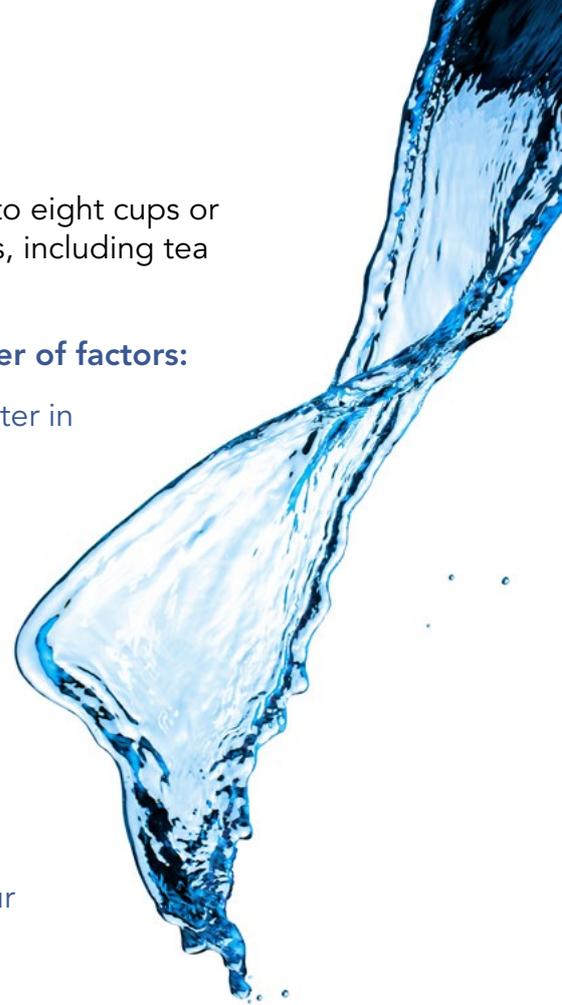


So **how much** should we drink?

Public Health England's [Eatwell Guide](#) says we should drink six to eight cups or glasses of fluid a day. Water, lower fat milk and sugar-free drinks, including tea and coffee, all count.

How much water you need can vary however due to a number of factors:

- > The temperature and where you live. You will need more water in hot, humid, or dry weather.
- > Your diet. You'll need to drink more water if you have lots of caffeinated drinks and salty, spicy, or sugary foods.
- > How active you are. If you are active during the day or if you exercise, you will need to drink more to cover water loss.
- > Your health. If you have an infection or a fever, or if you lose fluids through vomiting or diarrhoea, you will need to drink more water. If you have a health condition like diabetes you will also need more water.
- > Pregnant or breastfeeding. If you're pregnant or nursing your baby, you'll need to drink extra water to stay hydrated. Your body is doing the work for two (or more), after all.



Take-away **tips**

1. Drink first thing in the morning

A glass of water is a healthy and cheap choice for quenching your thirst at any time.

2. Carry a water bottle with you.

Making sure you always have water with you will make it much easier to keep drinking.

3. Flavour your water

Adding a few lemon or cucumber slices to your water can add a whole new taste.

4. Eat your water

Fruits and vegetables can be a great source of water and getting your five-a-day has lots of extra health benefits.

5. There's an app for that

Using an app to keep track of your progress is a great way to see how much more you might need to drink.

Contact us to find out more.

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 healthmanagement.co.uk

¹Ganio, M. S. et al (2011). Mild dehydration impairs cognitive performance and mood of men. [British Journal of Nutrition, 106\(10\), 1535-1543.](#)

²Armstrong, L. E. et al (2012). Mild dehydration affects mood in healthy young women. [The Journal of nutrition, 142\(2\), 382-388.](#)