

Hydration Matters

Fluid is essential to health, but is often overlooked.

Your body is made of mostly water (60%) and you need to drink regularly to keep healthy. Signs that you are not drinking enough include dark urine, passing urine less frequently, headaches, tiredness and a lack of concentration.



Good hydration can help you:

- Be more alert
- Control when you need to pass urine
- Remember things better
- Reduce irritation to your bladder
- Keep your balance
- Concentrate better
- Have more energy
- Have fewer urine infections
- Sleep better at night
- Keep your kidneys healthy

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Everyone is different, but as a guide you should drink about 1.5 - 2 litres (6 - 8 glasses or mugs) of fluid a day.

What Counts?

Fluid does not mean just water. There are many other foods and drinks that provide fluid including:

Squash	Tea	Coffee	Pop
Milk	Soup	Jelly	Fruit
Vegetables	Fruit juice	Yogurt	Salad vegetables

You need to drink more:

- ♦ When it is hot,
 - during the summer
 - when visiting hot countries
 - when you have the heating on.
- ♦ During and after exercise.
- ♦ When in air conditioned rooms or flying.
- ♦ If you get an infection or feel like you might be getting one. For example a bad cold or an urinary tract infection.



Tips on how to increase your fluid intake

- ♦ Have a drink when you get up, with every meal and when you go to bed.
- ♦ Have a full cup of fluid with medication rather than a few sips.
- ♦ Have drinks between meals.
- ♦ Prepare drinks in advance - fill a jug or flask at the start of the day and aim to finish the contents by midday.
- ♦ Set an alarm at specific times to remind you to drink.
- ♦ Increase your intake of fruit, salad and vegetables.
- ♦ When you go out, take a bottle of water with you.