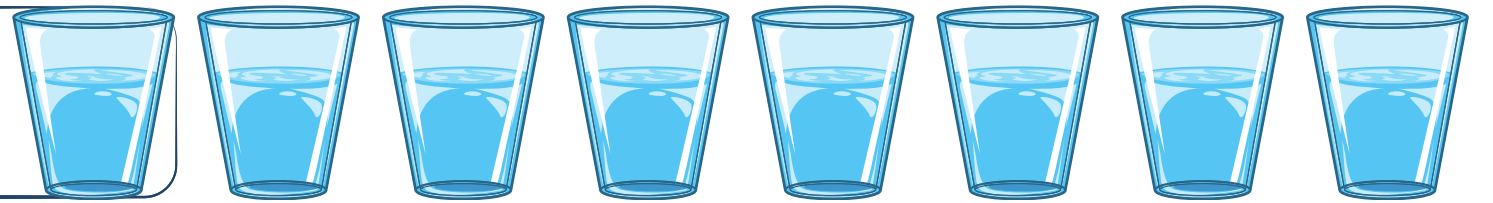


## ? WHY IS HYDRATION IMPORTANT?

Water is essential for living and it is important to get the correct amount of fluids everyday to keep healthy. Water makes up a large proportion of the body and has many vital functions such as maintenance of body temperature, transport of essential nutrients and hormones and lubrication of joints, tissues and cells. Being well hydrated during physical activity is important for your body to be able to perform to the best of its ability.

## ? HOW MUCH WATER SHOULD WE DRINK?

6-8 glasses of fluid every day  
(approximately 2 litres)



## SYMPTOMS OF DEHYDRATION



### HOW CAN YOU TELL IF YOU ARE DEHYDRATED?

The best way to check if you are hydrated is to check the colour of your urine. Ideally urine should be light in colour. The darker the colour of your urine the more dehydrated you are and the more water you need to drink

HYDRATED
HYDRATED
HYDRATED
DEHYDRATED
DEHYDRATED
DEHYDRATED
EXTREMELY DEHYDRATED
EXTREMELY DEHYDRATED

## HYDRATION GUIDELINES



Drink plenty of water every day



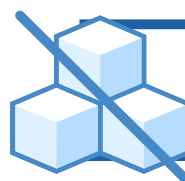
Drink milk regularly and choose reduced fat or low fat options



Drink plant based alternatives regularly, choose fortified products



Choose fruit juices and smoothies no more than once a day



Sugar free squashes and fizzy drinks are acidic and cause harm to teeth; drink in moderation



Limit your intake of fizzy, sugary and energy drinks. Energy drinks are not recommended for those under 16 years



Use sports drinks only if needed (training at high intensity levels)

## ? WHAT ARE THE BENEFITS OF WATER DURING EXERCISE?



Drinking enough water will not only help prevent the effects of dehydration but can also shorten recovery times and ensure your body is working efficiently during exercise.

THE ABOVE GUIDELINES ARE A GENERAL REFERENCE. FLUID INTAKES SHOULD BE ADJUSTED DEPENDING ON AGE, GENDER AND ACTIVITY LEVEL.