HEALTH INFORMATION

Drink more water

Inadequate hydration contributes significantly to lack of energy, and it is thought that 30% of us are constantly dehydrated!

Drinking more water is one of the best things we can do to energise ourselves if we're feeling lethargic. That's because it creates the right environment in your body's cells for your metabolism to work effectively; and it's your metabolism that generates your energy. In the same way, water helps keep you alert and better able to concentrate, because three quarters of the brain is made up of water. So the cells in your brain need to be properly hydrated to work effectively.

Top Tips

Every day you lose on average 10 to 12 cups of water that need replacing to maintain your body's important fluid balance. Here are some tips to help you drink more water:

Watch for dehydration

Check for the symptoms and remember, you will need to drink extra water in dehydrating conditions such as hot, humid or cold weather. You should drink more if you have a cold or flu and even more if you have a fever.

Water is best

But milk, juices and other beverages are about 90% water, so they also help meet your hydration needs. Caffeine based drinks and alcohol act as diuretics and increase fluid loss, so they don't count. In fact, have an extra glass of water for each cup of these liquids you drink.

Drink often when exercising

To prevent dehydration while exercising you must replace water at a faster rate. Drink at least two cups of fluids two hours before exertion, followed by another two cups of water approximately 15 to 20 minutes before endurance exercises. During exercise replenish fluids every 15 to 20 minutes.

Monitor your water intake

- Do not leave your water intake to chance

- Develop a consistent water plan, with consumption evenly paced throughout the day

- Keep a water bottle near you as a reminder, or schedule water breaks in your day planner

- Check your hydration level by checking the colour of your urine

- The colour should be light to clear unless you are taking supplements, which will darken the colour for several hours after consumption

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