

Thirsty Work!

“ Drinking is just as important as eating. Our bodies need water or other fluids to work properly. If you're thirsty then you are already dehydrated! ”

Exercise

It is very important to drink water when you exercise or work. This can help you perform better and helps to prevent dehydration and muscle tiredness

Warning signs of dehydration

Feeling thirsty, losing concentration, tiredness, dark urine, constipation, headaches, irritability, weakness, dizziness, skin problems and cramp

How much do you need

We lose 8-10 glasses of water every day - so you need to replace it! In hotter weather you need more.

When you exercise you will need to increase this amount and a rough guide suggests a litre for every hour of exercise

What you should drink

- ✓ **Water is ideal** remember, tap water is just as good as bottled water. Try flavouring it with cordials or fruit juices
- ✓ **150ml of fruit juice a day** which also counts as one of your five portions of fruit and veg a day
- ✓ **Milk will rehydrate** you as well as providing you with calcium
- ✓ **Tea and coffee** are fine as long as you don't have too much and you drink other fluids as well
- ✓ **Sports drinks** are a useful supplement when you are doing a lot of exercise