



Week 1 – Hydration

Why drink water?

- Water is an essential ingredient for a healthy life.
- Drinking water is just as important as eating the right food.
- Approximately 75% of our body is made of water and it performs many essential functions such as regulating temperature and the removal of waste products.
- Water is fat free, has no calories, no caffeine, and no artificial colours or flavours- just 100% natural. Water leaves you looking and feeling good.
- Water can help you stay fit and healthy, maintain a balanced weight and perform better at sports or exercise.

The benefits of drinking water

The main benefits include:



Brain - Drink water to help boost energy and concentration.



Heart - Drink water to keep your heart healthy and help prevent heart disease and high blood pressure.



Stomach - Drinking water can act as a digestive aid. Proper digestion makes materials and nutrients more accessible to the body.



Joints - keeping your body hydrated protects joints and cartilage.



Skin - Drink water to keep skin soft, firm and beautiful.



Muscles - Being hydrated is very important when exercising. Drinking water helps prevent muscle cramping. It also makes your muscles stronger.

Stay Topped Up

- The amount of water you should drink a day depends on your age, physical activity, temperature and humidity.
- It is recommended on a normal day that we should drink between 6 and 8 glasses of water.
- On an active day you should drink extra water to suit the activity.
- Northern Ireland Water carry out more than 100,000 tests every year to ensure you get top quality drinking water at the turn of a tap, so keep well hydrated and feel the difference.

Are you drinking enough water?

Did you know?

- In a normal day your body loses between 3-4 litres of water. It is important to replace this to prevent dehydration.
- Once you feel thirsty you are already dehydrated.

Dehydration can cause...

- headaches
- dizziness
- tiredness
- loss of concentration
- smelly breath
- health problems

The wee test

An easy way to detect dehydration is to keep a check on your urine. It should be pale in colour, odourless and plentiful.

Yellow, dark and smelly urine may indicate you are dehydrated.

This information is for general guidance only and should not be treated as a substitute for professional health advice.

Wee Tester

SORE HEAD

CRANKY

DIZZY

WEAK

SLUGGISH

WELL HYDRATED

Check your wee each day to make sure you are not dehydrated. Remember the lighter the colour the better.



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The Hydration Challenge

Drink between 6 and 8 glasses of water a day for 7 days and see the difference in your body and mindset. This is a challenge so push yourself here and drink between 6 and 8 glasses every day! **Include all the family.**

Tips to stay on Track

- Include the whole Family, do it together.
- Set a reminder on your phone, so it will pop up with DRINK YOUR WATER!
- Get a nice bottle to use
- Pair up with a friend or someone in your house
- Add Fruit to your water, Lemons, limes, cherries, berries...Whatever you like.
- Make a commitment to yourself and hold yourself accountable, this is for you!

Did you know?

Drinking water at the correct time maximises its effectiveness on the human body

- 2 glasses **after waking up** helps activate internal organs
- 1 glass **30 minutes before a meal** helps digestion
- 1 glass **before going to bed** helps avoid stroke and heart attack

Challenge Tracker

Use this chart to track your glasses of water each day – ✓ tick a glass each time you drink.

Don't worry if you don't make it some days. Aim towards drinking the recommended amount by the end of the week.

Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Now that you know the benefits of drinking water, continue to drink the recommended 6 to 8 glasses of water each day for a healthy life.