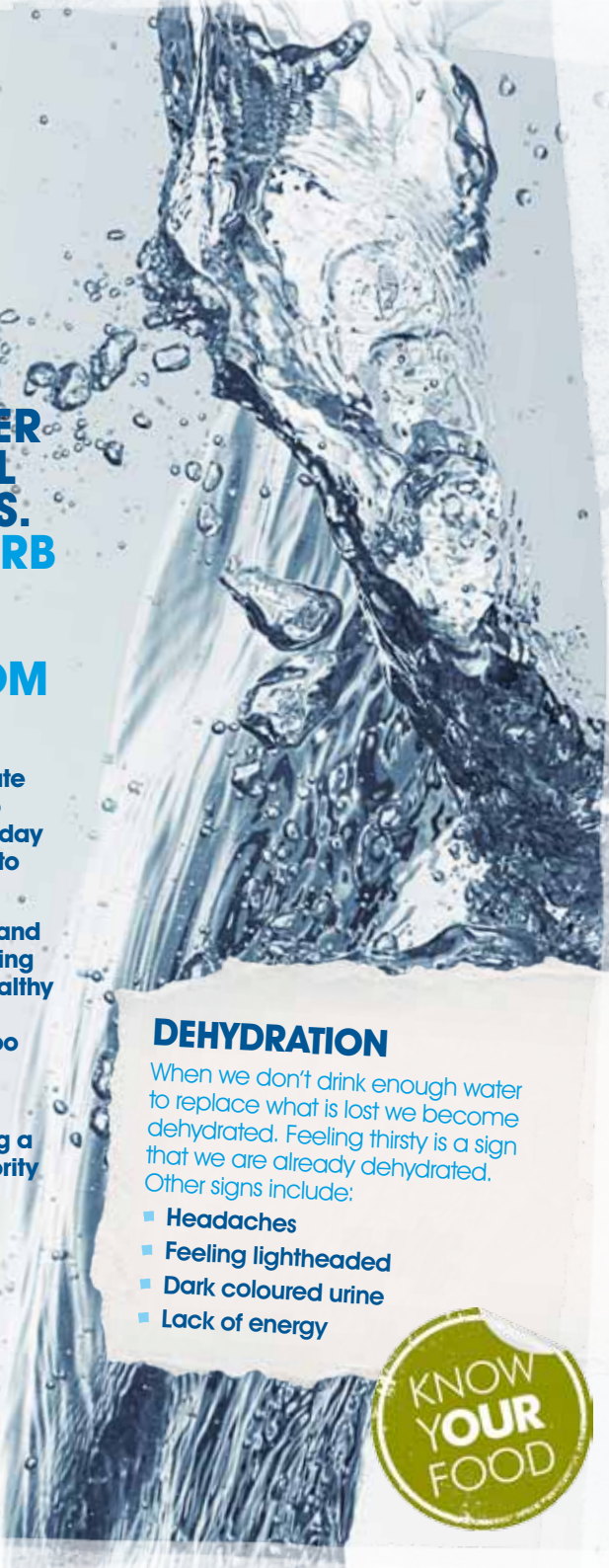


FLUID FACTS

**BEING WELL HYDRATED
KEEPS US GOING,
AND WITH WATER
MAKING UP AROUND
70% OF OUR BODIES,
IT'S GOOD TO
KNOW THE FACTS.**





**IN A DAY WE LOSE
AN AVERAGE OF
2.5 LITRES OF WATER
THROUGH NORMAL
BODILY FUNCTIONS.
OUR BODIES ABSORB
WATER, NOT JUST
FROM THE FLUIDS
WE DRINK BUT FROM
THE FOOD WE EAT.**

When we breathe, sweat and urinate we lose water, so we should aim to drink about 1.2 litres of fluid every day – about 8 mugs or 6 large glasses to replace it.

Although water is preferable, milk and fruit juices are also good at hydrating the body, as well as supporting healthy bones and nutrient intake. Coffee and tea do hydrate, but drinking too much can cause us to pass water more frequently.

Enjoy turning on the tap and having a drink – although covering the majority of the earth's surface, 80% of the world's water is undrinkable.

DEHYDRATION

When we don't drink enough water to replace what is lost we become dehydrated. Feeling thirsty is a sign that we are already dehydrated. Other signs include:

- Headaches
- Feeling lightheaded
- Dark coloured urine
- Lack of energy

**KNOW
YOUR
FOOD**