



## Keeping Hydrated

### Don't rely on thirst

By the time you are thirsty you are probably already dehydrated. The colour of your urine is the best indicator for this. It should be clear or pale yellow to show you are well hydrated. If it's much darker than this, you are dehydrated and should drink more water.

### Drink water upon waking

When you wake up in the morning you will be dehydrated. Drink a glass of water before your morning coffee to kickstart the day.

### Consider your environment

The level of fluids your body needs will differ depending on temperature, humidity, your sweat rate and how much you exercise. Make sure you consider how much fluid is required based on your environment.

### Remember 1 & 2

The easiest way to keep hydrated is to drink 1 glass of water, every 2 hours you are awake. Keep a water bottle with you or have a glass on your desk. You could label it up with how much you need to drink and when. The very fact you can see it all the time will encourage you drink more.

### Hydration from food

Many fruits and vegetables have a high-water content so eat plenty throughout your diet. Aim for your 5 per day to help maintain and improve hydration levels and to ensure a balanced diet.