

# WATER

## THIRSTY?

If you are feeling thirsty, you are already dehydrated, so don't wait till you need a drink, sip small amounts throughout the day.



## HUNGRY OR THIRSTY?

Drinking water half an hour before meals is the most effective. It can make you feel more full, so that you eat fewer calories

## 2 LITRES PER DAY

Drink a large glass at the beginning of the day, this will help wake you up and replace fluid lost throughout the night. You also get a head start on your 2 litres for the day.

## ADD FLAVOUR

If you really don't like the taste of water try adding some flavour. A slice of lemon, cucumber or parsley all make your water taste great

## BE PREPARED

Carry a small bottle around with you. This will not only help remind you, it also acts as a gauge as to how much you are drinking throughout the day.



## HYDRATE

If we do not stay hydrated, physical performance can suffer.

## STAY ALERT

Studies show that even mild dehydration (1-3% of body weight) can impair many aspects of brain function



## HEALTH BENEFITS

A lack of water can cause blood to become thicker, increasing blood pressure.