

Water Intake

The human body is made up of over 65% water. Water is lost from the body in digestion, breathing, sweating and excretion. It needs to be replaced regularly and this is done through fluid and food intake. Natural foods often have higher water content than processed foods.

We need to drink at least 1.5 litres (6 glasses) of water per day to replace lost fluids and even more on hot days. Most people don't come close to this amount.

During exercise, you should drink 250 mls (1 glass) of water each 15 minutes. It is important not to wait until you feel thirsty as by this stage you have already begun to dehydrate.

Coffee, tea and alcohol act as a diuretic, which means they cause water to be lost from the body. Therefore, you need to drink water after the intake of these drinks in order to replace the fluid that you will lose.

Drinking More Water

You need to make having a drink of water a habit. Here are a few tips on increasing your water intake:

- ◆ Keep water in the car and sip it regularly at stops such as traffic lights.
- ◆ Keep a jug of water in the fridge. Add lemon or a small amount of fruit juice to the water if you want some flavour.
- ◆ Have a glass of water as soon as you get up in the morning and with each meal throughout the day.
- ◆ Keep water in the fridge at work and keep a glass close to your work area.

Chemical reactions within the cells of your body (including the breakdown of fat) work more effectively when you are well hydrated.