



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

