

Hydration/**Water**



Water is essential for life, energy, health and so much more!

Your body is made up of around **50–55% water** (adult women)

– keep it happy and it will keep you going.



We cannot survive without it – keeping well hydrated is essential for our wellbeing and good body function.

Make it a habit to drink water regularly throughout the day – don't wait until you're thirsty!



With a deficit in body water, muscles will not perform to their optimum and body fat loss would be much harder!

HOW TO START



Start your day with a glass of water (room temperature)



Enjoy unsweetened herbal tea or water during the day



Keep a water bottle with you and sip regularly

SIGNS OF DEHYDRATION

- Dry mouth
- Thirst
- Tiredness
- Headache
- Being irritable or cranky
- Dizziness
- Dark urine
- Cramps
- Poor concentration
- Not being able to run as fast or play as well as usual

CHECK YOUR URINE COLOUR

A simple way to check if you are hydrated:

Pale straw colour = normal, healthy and well hydrated.

Typically, 3–7 urine voids per day (24hrs).



Pale or clear
well hydrated

Amber or honey
dehydrated
Drink more!

Hydration is your **number one** nutritional habit—before anything else.

