

# Hydrated and Healthy

Did you know that around 60% of our body weight is made up of water? It is an essential element that your body can't produce. You can survive for weeks without food, but only a couple of days without water, unlike camels, we aren't lucky enough (depending on how you look at it) to be able to store water in humps.

Water is responsible for the transport of nutrients, oxygen and waste products, as well as regulating your body temperature, so getting enough fluid each day is important for good HEALTH.

## *How much water should you drink?*

If you guessed the answer was 2 litres, you are not far off, but this may not be right for everyone.

The ideal amount is actually  $\frac{1}{2}$  your body weight in ounces of water per day

Weight = 7 stone (98lbs) you should drink 49 oz of water (1.4 litres)

Weight = 10 stone (140lbs) you should drink 70 oz of water (1.9 litres)

Weight = 13 stone (182lbs) you should drink 91 oz of water (2.7 litres)

And if you are very active, sick or taking medication this may need to be increased to  $\frac{2}{3}$  or  $\frac{3}{4}$  of your body weight.

The biggest mistake that people usually make is to wait until they are thirsty before they take on fluids. During the Summer we spend hours out in the sun, at the beach or playing sports which makes us sweat out even more water, so it's vital that we nourish the body with water.

## *Tricks for staying well hydrated*

- Make water your drink of choice
- To add some flavour and variety add fresh fruit and let it sit for a minimum of 30 mins
- Drink a glass of water after waking up, with meals and when taking a break during the day

- Drink water at room temperature so your body doesn't have to expend energy stabilizing it to your body's temperature
- Steer clear of caffeine based drinks, try herbal teas as an alternative
- Avoid drinks with artificial sweeteners, these include most fizzy drinks, sports/energy drinks , frappes/mochas etc. Artificial sweeteners have been linked to a variety of neurological side effects as well as associated with weight gain!

Obviously water is the best source of hydration, but there are lots of foods you can eat to keep you hydrated during the Summer. Cucumbers are made up mostly of water and they also contain a lot of nutrients and are great for putting the potassium back into your body. Munch on water-based snacks such as watermelon, pineapple, berries and green salads as they contain many hydrating elements as well as additional nutrients.

*Stay Healthy with Water*