

Are you Drinking Enough Water?

Water is essential for the body. Approximately 55 – 75% of the body is made up of water. A person can live over a month without food, but the body couldn't survive longer than a week without water.

How much should you be drinking? This number will vary depending on a person's size and activity levels. If exercising you want to replace the fluids lost after the session. Weather and humidity also impact how much you should drink as you'll experience most fluid loss through perspiration. As a rough guide, aim for about 1.5 – 2 litres per day of drinking water a day.

Why water?

1. Water helps with weight loss as it can aid in regulating the appetite. Often you feel hungry when in fact you are just thirsty.
2. Water helps with energy levels, often fatigue can be a sign of dehydration.
3. Water can alleviate and prevent headaches.
4. Water flushes out the toxins in the body.
5. Water reduces bloating and fluid retention. If you don't get enough water your body tries to hang onto the water it has. This causes you to feel bloated.

Tips in increase water:

1. Have a glass of water at each changing point of your day such as upon waking, when you leave the house, when you arrive at work, before you have a meal, etc.
2. Carry a bottle of water everywhere you go. Have it on your work desk, have it when you are in the car, or on the train and where ever else you go. If it's in sight you'll be reminded to have it.
3. At work if you find yourself forgetting, set reminders in your work calendar every hour to drink a glass.
4. Make it a rule you must have at least one glass of water at each meal.

Interesting fact:

1. In flight a passenger can lose up to 1.5 litres of water in just 3 hours!