



## health & wellbeing

### drink up!

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Drinking enough fluids every day is essential for maintaining good health, particularly in hot weather, when you work or live in an air conditioned environment, while travelling and when exercising. Staying well hydrated means you'll feel more alert and energetic, your body will be able to regulate it's internal temperature more easily and you'll be able to maintain concentration levels for longer during a busy working day<sup>1</sup>.

If you're someone who exercises regularly, you'll need to be particularly conscious to drink enough fluids. Staying well hydrated during and after exercise is vital to avoid low body fluid levels which in turn can increase the chance of injury and decrease performance levels<sup>2</sup>. Even mild dehydration can cause serious side effects such as headaches, tiredness, and dry, flushed skin.

So it's important to drink up!

#### **Why water?**

Between 1 and 3 litres of water is lost from the body each day through urine, bowel movements, sweating and breathing, and even more is lost during hot weather, when exercising or sweating heavily<sup>3</sup>.

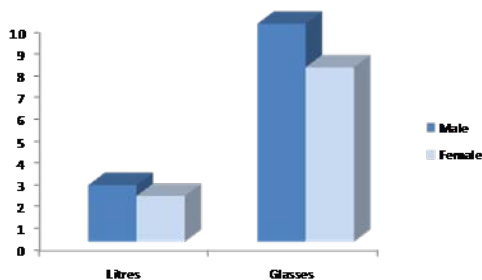
Water is required by the body to perform vital functions like digestion, transporting and absorbing nutrients, and most importantly helping the body to easily and regularly eliminate waste products<sup>4</sup>. Research has indicated that adequate fluid consumption, particularly water, can help reduce the risk of urinary stones, cancers of the colon, breast and urinary tract and overall health<sup>4</sup>.



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Daily Recommended Fluid Intake  
(By Gender)

#### How much?

Most of the time it's fine to let your thirst guide you on how much to drink, but when you're in the sun or exercising it's important to keep your fluids up even if you're not thirsty.

The recommended fluid intake for adults is 2.6 litres per day for men (9-10 glasses) and 2.1 litres per day for women (8 glasses)<sup>5</sup> although this can change depending on your body weight.

Fluids from your favourite drinks such as Neverfail Springwater, milk, juice, tea and even cordials, soft drinks and coffee all count toward your daily fluid requirements, however the majority of your fluid intake should come from water as it is kilojoule and additive free.

#### References:

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