

DRINK MORE WATER

It is important to drink enough water, especially when:



It is hot



Exercising or performing manual tasks



Driving for long periods



You fly in aircraft



Drinking alcohol



You are elderly



You are ill

Water from the tap is inexpensive and good for you. It is not necessary to buy bottled water to increase your water consumption. Try chilling tap water in the fridge, it tastes good and is always ready for use.

DON'T WAIT UNTIL YOU ARE THIRSTY!

DRINK MORE WATER



Most of us do not drink enough water. It is recommended that we should drink **at least 6-8 glasses of water daily**; particularly hot weather or when exercising.*

**This may not apply in cases of certain kinds of bladder and kidney difficulties*

ARE YOU DRINKING ENOUGH WATER?



For more health information contact: health.promotion@gha.gi

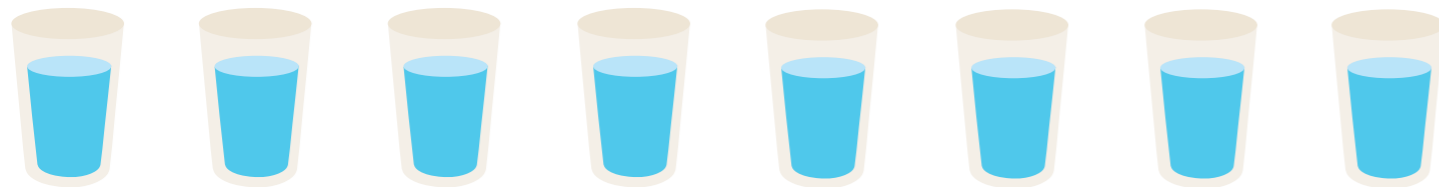
Water for your health

If you do not drink enough fluids you will become dehydrated. Mild dehydration often begins before you feel the sensation of thirst and so water should be drunk at regular intervals whether you feel thirsty or not. Drinking the recommended daily amount of clear, fresh, cool water can assist in the prevention of a range of health problems and help you to:

- Stay fit and healthy
- Concentrate better
- Avoid headaches
- Have healthier skin and fresher breath
- Prevent bladder and bowel problems
- Protect your teeth from tooth decay
- Sleep well at night and help you to relax
- Feel less tired, less irritable and have more energy
- Perform better at sports or exercise

When you feel thirsty you are already **dehydrated**

Aim to drink 6-8 glasses each day



Many fluids that people often drink during the day contain high levels of sugar, artificial additives caffeine and other diuretics. When possible, opt for a glass of water.

Are you drinking 6 - 8 glasses a day?

If you find it difficult to think about consuming the recommended daily allowance of water, here are a few ideas to make the adjustment easier.

- 1 Each day of the week, try replacing one of your drinks with a glass of water. On the second week, replace two beverages with water and so on, until you are drinking 8 glasses of water each day.
- 2 Carry a bottle filled with chilled tap water with you whenever you leave the house.
- 3 Fill up a two litre bottle with fresh, cool water in the morning and attempt to finish it by early evening.
- 4 Try to drink a glass of cool water when you get up in the morning.
- 5 Take the time to drink water between meals, keep a glass beside you all the time.
- 6 Ask for a jug of iced tap water with your meal when in restaurants and with your alcohol when in bars - good establishments will be happy to provide this.
- 7 Why not ask for a glass of water to go with your coffee and tea in cafés.