Healthy Hydration

Why Water?

We are made up of approximately 60% water and it performs many vital functions in our bodies. If we do not drink enough water, we become dehydrated which can make us feel very unwell.

Here are some of the potential health benefits associated with drinking water:

clearer skin

better concentration and memory

improved mood

better digestion

fuelled muscles

more energy

healthier joints, bones and teeth

healthier heart and circulation

How much should I drink?

Children older than 8 should drink between 1.3 and 1.7 litres each day.

That's 6-8 glasses each day or approximately 3 water bottles.

If you are exercising, or it is hot, you will need to drink more.

When should I drink?

You should drink regularly throughout the day, but try to drink some water:

- when you wake up
- when you feel hungry
- if you feel tired
- before, during and after exercise
- before eating

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