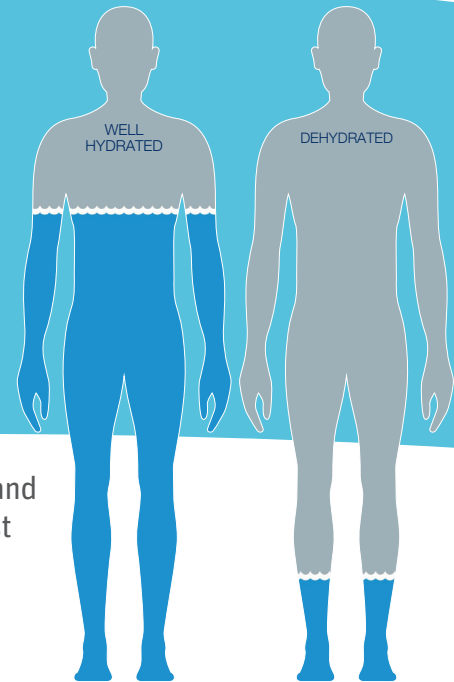




Staying hydrated during summer



The human body can survive approximately three weeks without food, but surviving without water is only possible for approximately 3-4 days. This shows us how important water is in maintaining good health and wellbeing in our lives. With the holiday season in full swing, the combination of warmer weather and increased alcohol consumption can result in severe cases of dehydration.



What is our body made of?

60% of the whole human body is water.

- ▶ Brain = 95% water
- ▶ Lungs = 90% water
- ▶ Bloodstream = 83% water
- ▶ Muscles = 76% water
- ▶ Bones = 22% water

Water is an important component in maintaining our health and wellbeing as it assists digestion, hormones, bloodstream, body temperature, brain cell growth and oxygen uptake in the body. Even though most of us know the health benefits of water, we may often fall short of the recommended eight glasses of water per day.

If you are dehydrated, you may experience some of the following signs and symptoms:

- ▶ Dizziness
- ▶ Light headedness
- ▶ Muscle cramps
- ▶ Nausea/headaches
- ▶ Lack of concentration

- ▶ Feeling tired, fatigued and lethargic, even after rest
- ▶ Poor sleep patterns
- ▶ Dark urine
- ▶ Infrequent urination
- ▶ Dry mouth and throat (feeling thirsty)

How much should I drink?

The best indicator of hydration is urine colour. Aim for a pale yellow colour.

Generally speaking, to ensure you are well hydrated, men should drink approximately 3 litres of water per day while women need approximately 2.2 litres per day.

Tips for staying hydrated

- ▶ Always carry a water bottle with you
- ▶ Have a drink of water with your meals and snacks
- ▶ Keep fluids cool, this encourages drinking
- ▶ Try to combine drinking water with an activity during your work day

Remember: hydration rates change depending on temperature, humidity, alcohol intake and physical activity levels, so ensure to increase your intake if required.

Health tips to kick start your new year!



1. Make a meal plan

It is much easier to eat well if you have all the ingredients at hand. Make a meal plan for the week (do it as a family so everyone is involved), and write a shopping list. Try to do one big shop or shop online to save you time during the week, and to solve the “what do we eat tonight?” decision each day.



2. Commit to becoming more physically fit

You don't have to be an athlete to move more. Maybe you will set a goal of running 5 kilometres this year, or perhaps you will plan to walk around the nearby park twice a week. What is most important is finding a routine that works for you – and then sticking to it!



3. Make quality sleep a priority

It is hard to feel your best when you are exhausted. Sleep is fundamental to our overall health and wellbeing, reducing risk factors for heart attack, strokes, and chronic diseases such as diabetes.



4. Foster social connections

Dozens of studies have shown that people who have satisfying relationships with family, friends or the community are happier, have fewer health problems and live longer. Best of all connecting with others doesn't require money, or a special set of skills.



5. Place a priority on maintaining your health

We are all busy, and it is easy to put off a medical appointment or health screen. But this year, why not pause to schedule in your visits with your health professional. After all, we cannot enjoy life if we don't have good health.

Hydrating green smoothie

Staying hydrated doesn't just mean drinking lots of water.

There are plenty of nutritional and tasty smoothie options to keep you full, energised and hydrated all at once.

This smoothie is packed with hydrating ingredients to help you get through even the hottest summer days. Serve with some corn chips, mango salsa, and guacamole for a light and delicious summer lunch.

(Serves 1-2 people)

Ingredients:

- ▶ ½ cup of unsweetened coconut water
- ▶ 2 frozen bananas (peel before freezing)
- ▶ 1 cup chopped pineapple
- ▶ 1 cup chopped mango
- ▶ 2 cups spinach
- ▶ ½ sliced avocado

Put all ingredients in blender and blend on high until smooth.



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