



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 link drinking water with an activity during your work day

Are you hydrated?



Allows the brain to make hormones and nerve signals

Allows brain cells to grow, reproduce and survive

Forms saliva and assists in digestion

Protects the brain and spinal cord with fluid

Allows our bloodstream to deliver oxygen all around the body

Regulate body temperature

Flushes bodily waste, mainly urine

Lubricates our joints and bloodstream

Well Hydrated

Dehydrated

Dizziness

Light headedness

Lack of concentration

Felling tired, fatigued and lethargic, even after rest

Poor sleep patterns

Dry mouth and throat (feeling thirsty)

Nausea/ headaches

Dark urine

Infrequent urination

Muscle cramps