



# Hydration and the effects on the body



**The human body can survive approximately three (3) weeks without food, but surviving without water is only possible for approximately 3-4 days. This shows us how important H2O is in maintaining good health and wellbeing in our lives.**

## What is our body made of?

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

60% of the whole human body is water.

## What does water do for you?

- ▶ Forms saliva and assists in digestion
- ▶ Allows brain cells to grow, reproduce and survive
- ▶ Flushes bodily waste, mainly urine
- ▶ Lubricates our joints and bloodstream
- ▶ Allows the brain to make hormones and nerve signals
- ▶ Regulate body temperature
- ▶ Protects the brain and spinal cord with fluid
- ▶ Allows our bloodstream to deliver oxygen all around

Even though most of us know the health benefits of water, many fall short of the recommended eight (8) glasses of water per day, resulting in high numbers of dehydrated individuals.



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 three (3) litres of water per day, while women need approximately 2.2 litres per day.

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

## References

- ▶ <https://www.waterlogicaustralia.com.au/blog/hydration-facts-all-you-need-to-know/>
- ▶ <http://www.nutritionaustralia.org/sites/default/files/Healthy%20Hydration.pdf>