

Summer Health

Stay Healthy, Stay Hydrated

Drinking enough water each day is crucial for your health.

Benefits Include:



A regulated body temperature



Improved sleep quality



Well lubricated joints



Less congestion



A strong immune defence



A natural mood booster



Healthy cells



Waste Removal



Maintained organ function

How dehydrated are you?

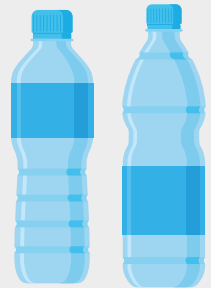
When you feel thirsty, you are already dehydrated. It's easy to tell how well you're hydrated. Simply check the colour of your urine.

No Colour	Yellow	Dark Yellow	Amber	Orange
Excessive fluid intake	Ideal	Insufficient Fluid	Insufficient Fluid. Drink water now.	Insufficient fluid. Intake of orange substances
Foamy	Red	Brown	Green	
Pregnancy, kidney disease. Contact your doctor	Blood in your urine. Contact your doctor	Can indicate liver disease. Contact your doctor	Possible bile metabolism issue. Contact your doctor	

Certain foods such as beetroot and asparagus can also affect urine smell and discolouration

Top up your water intake

Feeling tired or craving junk food? It could just simply be your body needing more water. Follow these handy tips to help you get more water into your daily diet.



- Keep a bottle of water with you during the day. Carry a reusable water bottle and fill it with tap water.
- If you don't like the taste of plain water, try adding a slice of lemon or lime.
- Drink water before, during, and after a workout.
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water.
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and dinner, and when you go to bed.
- Drink water when you go to a restaurant. It'll keep you hydrated, and it's free.

Hydration station

Set up a 'hydration station' with a range of healthy drinks to encourage lots of refills throughout the day.

Drinks you could include:

- Water
- Sparkling water
- Flavoured water using lemon/lime/blueberries
- Decaf iced tea
- Herbal teas
- Watermelon
- Coconut water



Sip on a smoothie

Unlike fruit juice, smoothies made from whole fruit are good sources of fibre. Smoothies also hydrate your body, but it's not just from the milk they're often made with. Fruits (and vegetables) contain large amounts of water in proportion to their weight. Choose one of these hydrating smoothies and blend together in a high-speed blender until smooth.

Cherry Cucumber Smoothie

- 1 cup pitted fresh or frozen cherries
- 1 cup cucumber, sliced
- Handful of baby spinach
- 1/4 small avocado, peeled and pitted
- 1/2 cup coconut water

Super Green Smoothie

- 1 cup kale
- 1 medium apple, sliced
- 1 cup mango, frozen
- 1 cup cucumber, sliced
- 1 tablespoon lemon juice
- 1/2 tablespoon ginger
- 1/4 cup water
- 3-4 ice cubes



Body Water

How much do you really need?



$$\div 8 =$$



**HALF YOUR
BODY WEIGHT**
(Lbs)


$$= 8$$

OUNCES

**WATER
NEEDED**
per day

YOUR BODY IS MADE UP OF 70% WATER



Brain
75% Water



Lungs
90% Water



Bones
24% Water



Helps convert
food into
energy



Blood
85% Water



Skin
80% Water



Muscle
24% Water



Helps the
body absorb
nutrients

Making every day taste *better*