

THE IMPORTANCE OF WATER

Water plays an enormous role in how well our body functions.

Water contains no calories, cholesterol or fat. The other bonuses are that it's cheap and readily available.

Water helps to:

- Maintain muscle tone
- Prevent lower back pain, migraines, asthma, cholesterol, neck pain and other complaints that may hinder our movement
- Regulate body temperature and remove toxins and wasters keeping our insides healthy and our skin glowing
- Digest and absorb food
- Suppress appetite
- Lubricate your joints
- Encourage efficient kidney function

It is important to keep hydrated, especially in extreme conditions where you can lose up to 1 Litre of fluid an hour from sweat and breathing hard. The minimum water intake recommendations are ½ a litre of fluid every ½ hour.

HOW MUCH IS ENOUGH?

You can use any of these measures as an easy guide:

- 5 x 2 Litre bottle containers p/day
- 10 x 1 Litre containers per day
- 50 x 200ml cups per day

Note: The condition of your body and the area; where you work, as well as the temperature will effect how much water you should drink.

TIPS TO INCREASE YOUR DAILY WATER INTAKE

- Have a water bottle with you always – at your desk, in the car. You don't have to refill it as many times as a cup.
- Have a drink of water before work. Drink it at breakfast, or in the vehicle on the way to work. That way you'll be topped up from the get go.
- Drink water with each meal. Go easy on the cordial, juice and soft drinks.
- Avoid alcohol and caffeine as these in fact make you more dehydrated.

Combat dehydration, fatigue and heat stress.

Increase your energy levels and help your body operate at full capacity.

