


# FLUID FACTS

**BEING WELL HYDRATED  
KEEPS US GOING,  
AND WITH WATER  
MAKING UP AROUND  
70% OF OUR BODIES,  
IT'S GOOD TO  
KNOW THE FACTS.**





**IN A DAY WE LOSE  
AN AVERAGE OF  
2.5 LITRES OF WATER  
THROUGH NORMAL  
BODILY FUNCTIONS.  
OUR BODIES ABSORB  
WATER, NOT JUST  
FROM THE FLUIDS  
WE DRINK BUT FROM  
THE FOOD WE EAT.**

When we breathe, sweat and urinate we lose water, so we should aim to drink about 1.2 litres of fluid every day – about 8 mugs or 6 large glasses to replace it.

Although water is preferable, milk and fruit juices are also good at hydrating the body, as well as supporting healthy bones and nutrient intake. Coffee and tea do hydrate, but drinking too much can cause us to pass water more frequently.

Enjoy turning on the tap and having a drink – although covering the majority of the earth's surface, 80% of the world's water is undrinkable.

## **DEHYDRATION**

When we don't drink enough water to replace what is lost we become dehydrated. Feeling thirsty is a sign that we are already dehydrated. Other signs include:

- Headaches
- Feeling lightheaded
- Dark coloured urine
- Lack of energy

**KNOW  
YOUR  
FOOD**