- Drinking water

Hydrate your body with water wisely

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WE'VE all heard the advice: "Drink eight glasses of water a day." While that's a reasonable starting point, your individual water needs depends on several factors, such as your health, activity level, and environment.



Since up to 60 per cent of our bodies are made of water, it's no surprise that staying hydrated is vital.

Our bodies constantly lose water through sweat, waste, and even breathing.

Drinking enough water supports critical functions such as: regulating internal body temperature, metabolising food, controlling hunger, lubricating joints, flushing waste from the body, and producing adequate saliva.

When you don’t drink enough water, dehydration can lead to impaired kidney function, electrolyte imbalances, and other serious health problems.
How much water should you drink? According to health.unl.edu, on average, about 20 per cent of our daily fluid intake comes from the food we eat, and the rest comes from the liquids we drink.
The website recommends the following: Men: 3.7 litres (about 16 cups) per dayWomen: 2.7 litres (about 11 cups) per day.
You’ll need even more water if you exercise, sweat heavily, or are ill with diarrhoea, vomiting, or fever.
It’s also important to note that, while rare, drinking too much water can be harmful, especially for individuals with heart disease or electrolyte imbalances.
Always consult your physician to determine the right amount of water for your body and lifestyle.
Tips for staying hydrated:
If you're struggling to stay hydrated or meet your daily water goals, here are some practical tips to help: Start your day with water:
Drinking a glass of water first thing in the morning jumpstarts your metabolism and provides an energy boost.
Invest in a water bottle:
A fun or stylish water bottle can remind you to drink more.
Some bottles even have measurement marks or encouraging messages to keep you on track.
Use technology to stay on track:
Set reminders or alarms on your phone or smart devices to prompt you to drink water throughout the day.
Listen to your body:
Pay attention to signals of thirst versus hunger.
We often mistake thirst for hunger, which can lead to overeating.
Drink water before meals:
Having a glass of water before eating not only keeps you hydrated but can help with digestion and make you feel full faster.
Add flavour:
If plain water feels boring, try adding calorie-free flavours like fruit or vegetable infusions.
You can prepare a jug in the fridge or use a bottle with a built-in infuser. Monitor urine colour
A good rule of thumb is to check your urine throughout the day. Clear or lightcoloured urine generally indicates proper hydration, while dark yellow urine may be a sign of dehydration.
Swap sugary drinks for sparkling water Replace high-sugar beverages with sparkling water or seltzer.
This reduces unnecessary sugar while still contributing to your water intake. Set a daily goal:

Setting a simple daily water goal can help keep you motivated.
Reaching your target can be rewarding and promotes healthy habits.
Make hydration a challenge: Engage in a fun competition with friends or family to see who can meet their daily water goals most consistently.
Staying hydrated doesn't have to be complicated, but it does require attention to your body's needs.
By making small adjustments and tracking your progress, you can develop a routine that keeps you refreshed and healthy all year round.
Nawasa
It is important to emphasise and practice healthy living within our homes so that our children could watch and learn at the same time – Valerio
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