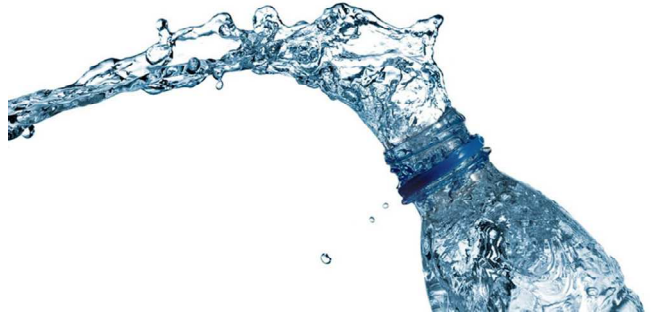


## Hydrate For Health

### Role of fluids:

- Satisfy thirst (obviously)
- To dissolve substances in the body
- Regulate body temperature
- Lubricate Joints
- Carry nutrients, remove toxins & waste
- Every cell reaction in the body requires fluid



### Water is best:

"Water is a basic nutrient of the human body and is critical to human life" – World Health Organization – Water Sanitation and Health (WSH)

Water is best but drinking any non-alcoholic fluid helps keep you hydrated  
60% of the human body is made up of water!

### How your 6-8 drinks per day could look

It is advised that 6-8 drinks a day per person should be consumed (unless directed otherwise by a health professional).

The more active you are, the more fluid you require.

If you are ill, it is vital you maintain regular fluid intake too.

### Drink around the clock!

1. On getting up
2. Breakfast
3. Mid-morning
4. Lunch
5. Afternoon
6. Dinner
7. Supper
8. Bedtime



References: Nutrition and Hydration Week (Retrieved from <https://nutritionandhydrationweek.co.uk/campaign-resources/>)

