



10 tips to better Hydration

“In a Nutshell”



Challenge yourself to better Hydration

1. Most of your water should come from beverages that do not contain caffeine or alcohol which acts as a diuretic.
2. Decrease the consumption of ‘pop’ – sugar based, fizzy or soft drinks. The active ingredient in these is phosphoric acid, which will leach calcium from the bones.
3. Reduce your alcohol consumption; it is dehydrating.
4. Keep drinks especially water with you when you are at work, home or at play
5. Increase the consumption of watery foods such as soup, cucumbers, tomatoes and other fruits.
6. Take the urine test – if it is pale and almost colourless then you are well hydrated – if it is dark then you probably need more fluids.
7. Get in the habit of drinking water half an hour before meals – sugar from pop and sugar-based drinks we often use food to suppress our need for water.
8. Cool water is easier on the stomach and digestive system. However, cold water uses more calories as the body tries to warm up.
9. When exercising, drink more water to compensate for the extra loss and try sipping along the way.
10. Develop a program to consciously increase your water intake over a couple of week; this allows your body to compensate and to minimize the bathroom trips.

Increasing your daily intake of water can significantly increase energy and decrease mental confusion, which can help you stay mentally healthy.

Such a simple strategy with such powerful results!