

## Hydration - why should you drink water?

Two thirds of our bodies and 75% of our muscles are made up of water, which is therefore our most important nutrient. The body loses 1.5 litres of water a day through the skin, lungs, gut and via the kidneys as urine, ensuring the toxic substances are eliminated from the body. We also lose about one third of a litre of water per hour when glucose is turned to energy. Therefore the minimum recommended guideline for a sedentary person is 1.5 litres a day of water, diluting juices or fruit teas. If exercise is carried out, an extra 500mls of water per hour of moderate exercise is advised. Alcohol, tea and coffee are diuretics which cause the body to lose water whilst robbing the body of essential nutrients.

### The Benefits of Drinking Enough Water:

- optimal muscle function
- excellent levels of mental alertness
- stable metabolic rate
- toxins eliminated quickly
- good breakdown and transportation of glucose
- regulated body temperature
- good concentration levels
- healthy looking skin
- bright eyes

### Dehydration - The Facts:

- 2% loss of fluids- poor ability to concentrate and exercise effectively
- 3% loss of fluids – 10% loss in strength and 8% reduction in speed
- 4% loss of fluids-exhaustion, fatigue, nausea, over heating
- Any more than 4% can cause severe symptoms of the above, for the body

### How much water should you drink per day?

Body Weight (kg) x 0.033 = amount in Litres of water to drink daily  
Plus 500ml water/isotonic drink per hour of exercise

**For more information or advice please contact us.**