

HYDRATION



Staying adequately hydrated is something I'm always trying to be aware of especially when I'm busy.

Our body is roughly 50% to 60% water. It has several vital roles to play in the body; the fact that we can survive weeks without food but only a few days without water, is testimony to how important it is for our health.

Being even slightly dehydrated can have a negative impact on aspects such as decision making, concentration and reaction times. For example, losing more than 5% of your body weight in water reduces your ability to move and work by as much as 30%. Yikes!

Here are my top tips for staying hydrated:

- Invest in a BPA-free (bisphenol-a) water bottle. Plastic bottles have been found to leach toxins into water but you won't have this problem with a BPA-free bottle and they are also kinder to the environment.
- Keep a bottle of water with you at all times. Keep it on your desk in the office to stay happy and hydrated.
- We all love our tea and coffees but try to reduce your intake as they contain caffeine which acts as a mild diuretic, causing the body to lose fluid and increase the need to use the toilet. To help combat this, try ordering a glass of water with your coffee.
- Set reminders on your phone to drink multiple times a day. The same reminder may also tell you to get moving!
- Don't wait until you feel thirsty to drink, thirst is a sign that your body has needed fluids for a while. Take small sips throughout the day.
- A key factor affecting your water requirements is your activity level.

No matter what level you are training at or what your activity of choice is it is important to hydrate before, during and after every session. Staying hydrated will make you more focused and productive.

Let's face it though; plain water can be a bit boring so why not try one of the recipes below to jazz it up a bit.

Lemony water:

500ml boiled and cooled water plus juice of half lemon squeezed in.

Vitamin C boost:

500ml water boiled and cooled plus half a lemon, half a lime and half an orange sliced and added.

Minty lime:

500ml water boiled and cooled plus the juice half lime and little mint.



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