



**65 % of your body weight is water for a good reason
It keeps you alive and in peak working order!**



On a normal day you lose close to six glasses of water through urine & another three glasses through the skin and breathing.



Our ability to work begins to decline at 2% water loss. By 4% lethargy, apathy and irritable behaviour kicks in!

Unless you are replacing that lost water every day... you are constantly experiencing the effects of mild dehydration!

Creative ways to drink water



Add a dash of fruit juice for colour or flavour



Wean off other drinks by diluting them down



Eat fruit and veggies with a high water content like lettuce, watermelon, broccoli and grapefruit.



Drink sparkling or soda water for a bit of fizz!