

## Why drink water?

- Water is an essential ingredient for a healthy life.
- Drinking water is just as important as eating the right food.
- Approximately 75% of our body is made of water and it performs many essential functions such as regulating temperature and the removal of waste products.
- Water is fat free, has no calories, no caffeine, and no artificial colours or flavours- just 100% natural. Water leaves you looking and feeling good.
- Water can help you stay fit and healthy, maintain a balanced weight and perform better at sports or exercise.



## Stay topped up



The amount of water you should drink a day depends on your age, physical activity, temperature and humidity.

It is recommended on a normal day that we should drink between 6 and 8 glasses of water.



On an active day you should drink extra water to suit the activity.

### Health on Tap

At Northern Ireland Water we carry out more than 100,000 tests every year to ensure you get top quality drinking water at the turn of a tap, so keep well hydrated and feel the difference.

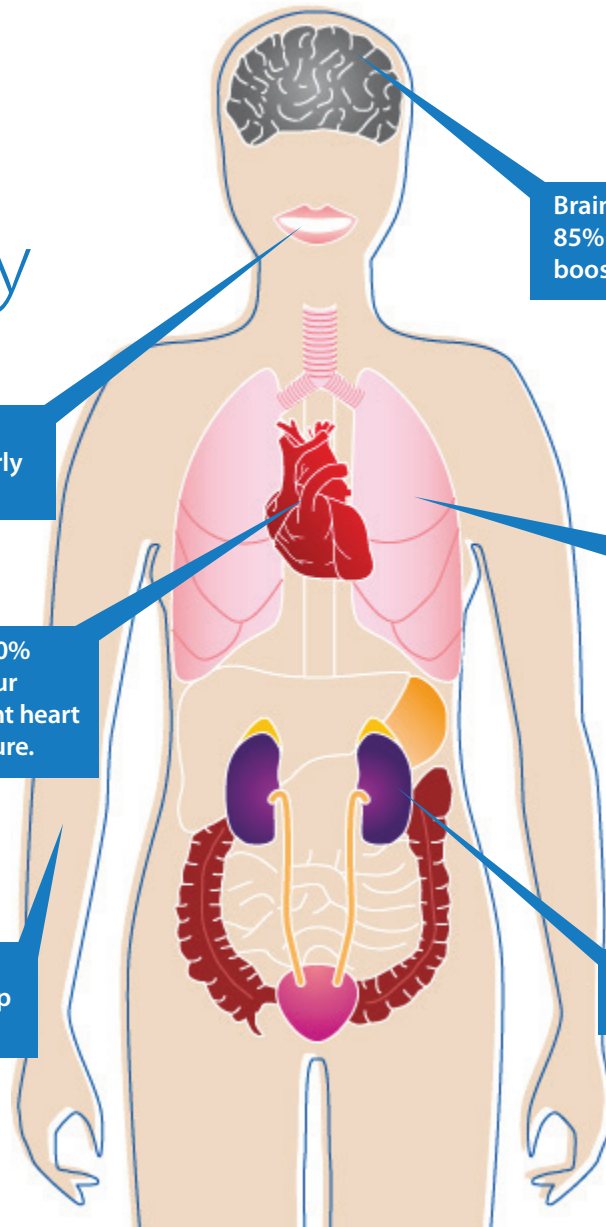
The information contained within this leaflet is for general guidance only and should not be treated as a substitute for professional health advice.

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## Tap into health



# Water in our body



Brain tissue is approximately 85% water. Drink water to help boost energy and concentration.

Water contains no sugar so keeps your teeth pearly white and breath fresh.

Your heart is approximately 70% water. Drink water to keep your heart healthy and help prevent heart disease and high blood pressure.

Healthy skin is approximately 70% water. Drink water to keep skin soft, firm and beautiful.

Water helps to transport oxygen from the lungs to other organs.

The kidneys use water to remove waste products from the body.

# Are you drinking enough water?

## Did you know?

- In a normal day your body loses between 3-4 litres of water. It is important to replace this to prevent dehydration.
- Once you feel thirsty you are already dehydrated.

## Dehydration can cause...

- headaches
- dizziness
- tiredness
- loss of concentration
- smelly breath
- health problems

## The wee test

An easy way to detect dehydration is to keep a check on your urine.

It should be pale in colour, odourless and plentiful.

Yellow, dark and smelly urine may indicate you are dehydrated.

## Wee Tester

SORE HEAD

CRANKY

DIZZY

WEAK

SLUGGISH

WELL HYDRATED

Check your wee each day to make sure you are not dehydrated. Remember the lighter the colour the better.