

**Water coming
from a tap near you**



Are you drinking 6–8 glasses a day?

Most of us do not drink enough water. It is recommended that adults should drink at least 6-8 glasses of water daily, more in hot weather or when performing exercise*.

Water for your health

If you do not drink enough fluids you will become dehydrated.

Mild dehydration often begins before you feel the sensation of thirst and so water should be drunk at regular intervals whether you feel thirsty or not. Many of the fluids people drink during the day contain high levels of sugar, artificial additives or caffeine.

Drinking the recommended daily amount of clear, fresh, cool water can assist in the prevention of a range of health problems and help you to:

- Stay fit and healthy
- Concentrate better
- Avoid headaches
- Have healthier skin and fresher breath
- Prevent bladder and bowel problems
- Protect your teeth from tooth decay
- Sleep well at night and help you to relax
- Feel less tired, less irritable and have more energy
- Perform better at sports or exercise

How to detect dehydration

Keep a check on your urine as a general guide to dehydration. It should be pale in colour, odourless and there should be a plentiful flow. Yellow, dark, cloudy and smelly urine may indicate that you are dehydrated.



Drinking 6–8 glasses each day

The lungs require around two glasses of water each day to function properly. Your skin, the covering on the whole body, uses water every day through perspiration. Kidneys, which are the most important organs in the body's elimination system, need a large quantity of water daily to carry out waste.

If you find it difficult to think about consuming drink the recommended daily allowance of water, here are a few ideas to make it easier.

- Each day for a week, try replacing one of your drinks with a glass of water. On the second week, replace two drinks with water and so on, until you are drinking 8 glasses of water each day.
- Fill up a two litre bottle with fresh, cool water in the morning and attempt to finish it by early evening.
- Try to drink a glass of water before and during each meal.
- Drink a glass of cool water when you get up in the morning.
- Take the time to drink water between meals, keep a glass beside you all the time.
- Ask for a jug of iced tap water with your meal when in restaurants and with your alcohol when in bars.
- Why not ask for a glass of tap water to go with your coffee and tea in cafes?



It is important to drink enough water, especially when:

- It is hot
- Exercising or performing manual tasks
- Driving for long periods
- You fly in aircraft
- Drinking alcohol
- You are elderly
- You are ill

Water from the tap is inexpensive and good for you. It is not necessary to buy bottled water to increase your water consumption. Try chilling tap water in the 'fridge, it tastes good and is always ready for use.

Drink more water. Don't wait until you are thirsty!

*This may not apply in cases of certain kinds of bladder and kidney difficulties.

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