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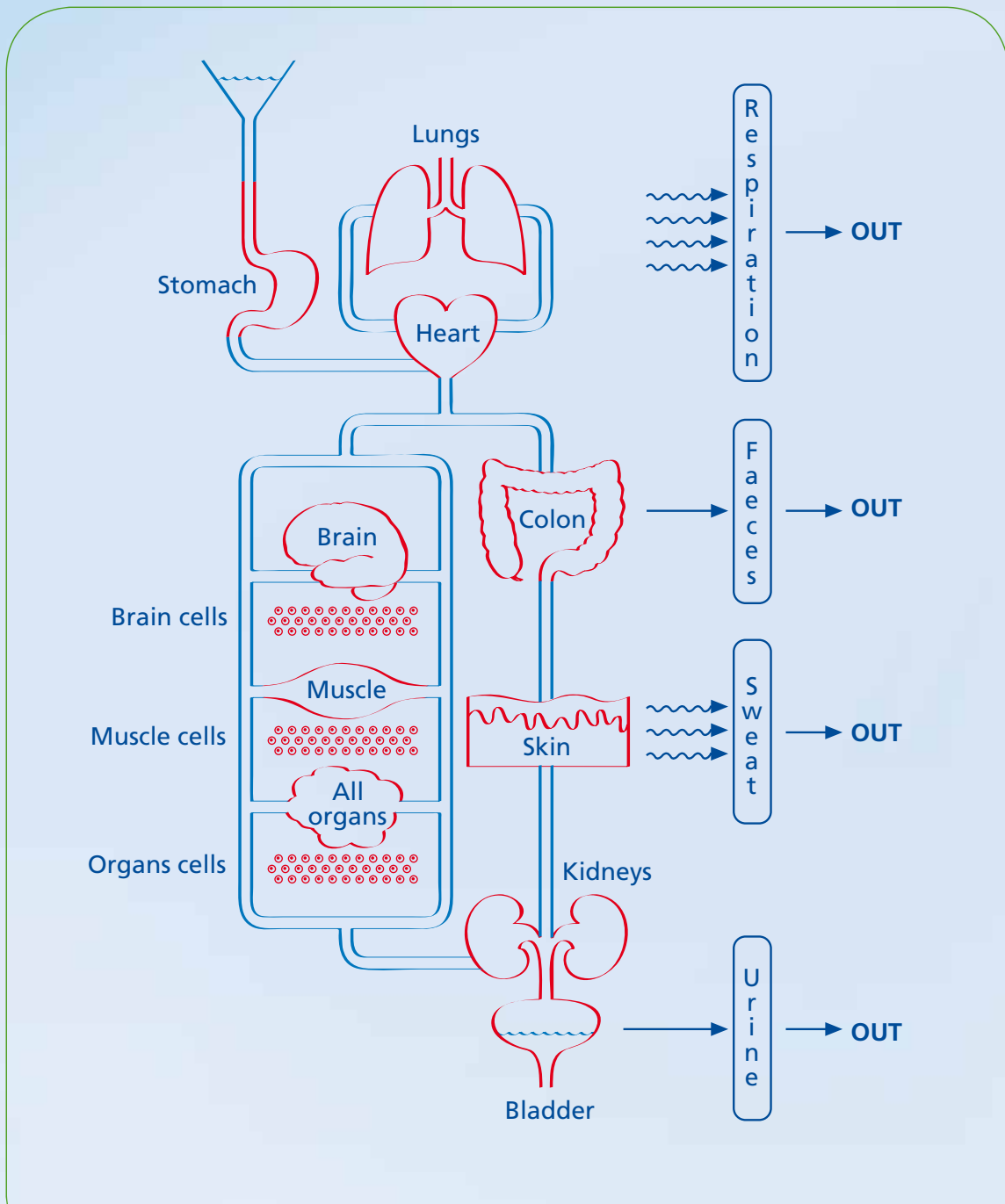


**DANONE**  
waters

## WHAT KEEPS YOUR ENGINE RUNNING?

- ***YOUR BODY'S A MACHINE THAT NEEDS WATER TO FUNCTION. EVEN SAT DOWN, YOU'RE USING UP 2 TO 3 LITRES OF FLUID A DAY – JUST EXISTING. BUT ARE YOU PUTTING ENOUGH BACK?***
- ***EVEN MILD DEHYDRATION CAN AFFECT YOUR CONCENTRATION, ALERTNESS, AND SHORT-TERM MEMORY.<sup>1</sup>***

Replacing water throughout the day is vital to keeping in tip-top condition but many of us drink less than we should.<sup>2</sup> Find out what you can do to stay hydrated, healthy and active ...



Your body is like a water-powered engine that needs a regular supply of top-quality fluid to stay running smoothly. All body functions are affected by and depend on water and this is why water deprivation has such an all-round effect on your body from provoking headaches and short-term memory loss to paving the way to kidney stone formation and urinary tract infections.

## WHAT DOES WATER DO?

Water plays an essential role helping the cells in our bodies work. We need a constant supply to keep us at our best. Water is essential for:

- Passage of nutrients and oxygen into cells
- Chemical reactions that power your cells
- Transport of waste out of cells.

We use and lose water all the time through urinating, sweating and also when we sleep. We even lose water just breathing in and out.<sup>3</sup>



## GIVE AND TAKE

Every second of every day, your body gives up water to do its job – make sure you take in enough to replace what you lose. Many active people significantly underestimate their water needs.<sup>2,4</sup>



## BENEFITS OF GOOD HYDRATION

An adult's body is about 60% water.<sup>5</sup> Dehydration effects happen when there is a 1% or greater reduction in body weight due to fluid loss. For example, an adult weighing 70Kg who loses 1Kg body mass may experience symptoms like light-headedness, fatigue or tiredness<sup>6,7</sup> and headaches.



Women are more vulnerable to urinary tract infections when chronically dehydrated.<sup>8</sup>



Studies also show that insufficient fluid intake is a trigger for headache and migraine.<sup>9</sup>



Keep enough water in your system and you can optimise all aspects of health and wellbeing including your heart.

The fluid part of your blood, the plasma, is a complex mix of water, dissolved salts, sugars and protein. When your body loses water, your blood plasma becomes more concentrated. This means less fluid to help push your vital oxygen-carrying blood cells through your body. So your heart has to work harder!

## BRAIN DRAIN

Your brain at 75% water needs hydration too! Even mild water loss can have a bad effect on concentration and alertness.<sup>1</sup>

Studies show that dehydration levels of 1% can adversely affect the way you process information. Short-term memory loss and attention difficulties have been seen at 2%.<sup>10</sup>

People also report feeling more tired when they're dehydrated.<sup>6</sup>

Dehydration has even been shown to adversely affect productivity and morale in the workplace!<sup>11</sup>

All these dehydration facts add up to one conclusion: replace the water you lose and keep regularly hydrated to maximise your potential and enjoy an active life at work and at play.



## HOW MUCH WATER DO I NEED?

The World Health Organization (WHO) recommends that women need a total body intake of 2.2 litres of water every day and that men need 2.9 litres.<sup>12</sup> However, not all of this has to be drunk as a liquid because foods, especially fruits and vegetables, contain water as well.

It's important to know that you cannot gain all your water needs from foods. Estimates vary but on average the water in foods amounts to around 800ml a day, so to ensure your total water needs are met, you need to top up with water.



**A good target is to plan to drink little and often during the day so that you take in about 2 litres of water in total.**

**This is about 8 glasses.**

Remember to drink more water if you're exercising or losing lots of water through sweating.

## HIDDEN CALORIES

Coffee, tea and juices all contribute to your fluid intake but be aware that the caffeine in coffees and teas could have a slightly diuretic effect and make you lose water. Also, if you're watching your weight, be aware that takeaway coffees could contain full-fat milk or sugar and juice drinks will add a lot of calories to your daily total!

While the vitamin content of fruit juices is important, it's worth being wary of the high-energy value of many sweetened juice drinks.

Remember that water is the easiest, purest and most natural way to hydrate without worrying about calorie intake or long-term effects. Some fruit juices may contain the same amount of calories as other sugar-sweetened beverages.

## HOW DO I KNOW IF I'M DEHYDRATED?

There's no quick answer to this because our bodies don't tell us when they're running low on water. By the time we feel the need to drink it's likely we're already dehydrated and some people may be experiencing some side effects like tension headache.

## ARE YOU DEHYDRATED?<sup>13</sup>

### Some clues as to whether you're dehydrated may include:

- Dry feeling in the mouth<sup>14</sup>
- Clammy hands and feet
- Headaches
- Light-headedness, dizziness
- Fatigue
- Concentrated, dark urine

## TAKE A URINE CHECK

One way to check whether you're drinking enough is to look at the colour of your urine. It should be a light yellow colour. If it's dark or strong smelling, you're probably dehydrated. However, some medications, conditions and foods can affect the colour and smell of urine so the best thing to do is to get into the habit of drinking regularly throughout the day.

# TIPS TO PROGRAMME WATER INTO YOUR SCHEDULE!

**For optimum performance, the best way to replace water is little and often.**

- ✓ Keep a bottle of water whenever you travel, on your desk at work, in your bag.
- ✓ Take regular sips of water even when you're not thirsty.
- ✓ Drink a glass of water at meal-times.
- ✓ Drink more water if you get hot or are sweating.
- ✓ If you drink coffee at break times, try replacing with water every now and then.

Check with your healthcare team for specific advice about your hydration needs.



## Are you stable?

**Your body uses up water second by second to keep you going ...  
... fluid balance is essential for optimum performance in mind and  
body – remember to put back what you lose**

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