Best 10

Tips for Staying Hydrated

We have all been advised at one time or another that we need to drink eight glasses of water a day in order to stay healthy and hydrated.

However, in reality, one's water consumption shouldn't be regimented based on an arbitrary measurement, but rather by a more accurate guide - thirst. Most healthy people are able to stay hydrated by consuming water and other fluids when they feel thirsty.

The amount of water you should drink depends on various factors, such as how much exercise you have done, how hot your environment is, your overall health, and whether you are pregnant or breastfeeding. In essence, it fluctuates from person to person and day to day.

Sufficient water in the body helps to:

- Normalise blood pressure
- Support digestion and prevent constipation
- Flush out waste
- Regulate body temperature
- Maintain sodium levels
- Protect organs and tissues
- Carry nutrients and oxygen to cells

To ensure that your body's hydration levels are optimal, try to have a glass of water :

- When you feel thirsty
- Before, during, and after your workouts
- With each and every meal, as well as in between meals

Feeling thirsty and having dark urine is a sure indication that you are dehydrated.

If it is difficult for you to drink water, remember that adding milk, juice, teas, and eating foods with a high water content (like watermelon and spinach) are great ways to keep your hydration levels high.

Drink more water by:

• Keeping a water bottle with you at all times and refilling it throughout the day
• Choosing to drink water instead of sugar-sweetened beverages
• Adding ice to your water or choosing sparkling water to make drinking water more appealing
• Having a glass of water with each meal
• Adding slices of lemon or other fruit, like strawberries and blueberries, to your water to give it more taste