



Healthy Hydration

Fact Sheet

Over half of our body is made up of water. Water is used to make up bodily fluids, maintain our body temperature, and in many other bodily processes required for day-to-day functioning. So when it comes to maintaining healthy hydration - tap into water first!

So how much do I need?

Your fluid needs depend on your gender, age, activity levels and the outside climate.

Requirements are different during pregnancy and breastfeeding. Use the values on the right as a guide to your individual fluid requirements:

Boys: 9 - 13yr	1.6 L per day (about 6 cups)
14 - 18yr	1.9 L per day (about 7-8 cups)
Girls: 9 - 13yr	1.4 L per day (about 5-6 cups)
14 - 18yr	1.6 L per day (about 6 cups)
Men: 19 - 30yr	2.6 L per day (about 10 cups)
Women: 19 - 30yr	2.1 L per day (about 8 cups)

Source: NHMRC, Nutrient Reference Values for Australia and New Zealand, <http://www.nrv.gov.au/nutrients/water.htm>

What about during physical activity?

Our fluid requirements are greater when we exercise at high intensity or in hot temperatures because we lose body water through sweating. We need to sweat in order to cool our bodies down so we can continue performing at our best. You cannot train your body to get used to dehydration and fluid losses of a little as 2% can impair performance. Everyone needs extra fluid for each hour of strenuous activity completed.

Warning signs of dehydration:

- Dizziness and light headedness
- Muscle cramps
- Nausea/Headaches
- Inability to concentrate
- Dark urine and infrequent urination
- Dry mouth and throat

Did you know?

If you are feeling thirsty then you are probably already dehydrated...

How do I know if I have healthy hydration?

One of the best indicators of hydration is urine colour. Aim for a pale yellow colour. There is no benefit to being over-hydrated, this can actually make you feel bloated and increase the urgency of urination.

Tips for tapping into water:

- Carry a water bottle with you
- Have a drink of water with your meals and snacks
- Keep fluids cool, this encourages drinking
- Add some strawberries, lemon slices or mint leaves to a jug of water for a flavour boost

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