

Are you staying hydrated?

Stay hydrated, stay healthy

Benefits of staying hydrated

- maximises energy levels and brain function
- helps relieve constipation
- keeps joints and muscles moving
- helps promote weight loss
- keeps skin supple
- reduces risk of falls

Tips for staying hydrated

- drink more water, diluted fruit juice, squash or flavoured teas
- swap dry snacks to fruit and veg
- encourage older people/people you care for to drink more fluids throughout the day
- drink water before and after physical activity
- keep a water bottle with you when you are out and about

Signs you may be dehydrated

- feeling thirsty or hungry
- dry skin, mouth, lips and eyes
- having a headache, feeling dizzy or lightheaded
- sleepiness, lack of energy, confusion or irritability
- peeing little or having very dark yellow pee

