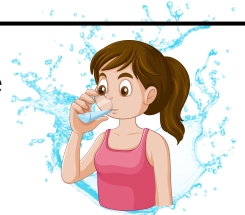


HYDRATION ESSENTIALS

Why Water Matters for Your Health

Water plays a key role in digestion, circulation, temperature regulation, and nutrient absorption. Even mild dehydration can lead to fatigue, headaches, and reduced concentration.



How Much Water Do You Need?

Needs vary based on activity level, climate, and health conditions



**We need about 8 cups
(2 liters) of water daily**



Simple Hydration Tips

- ✓ Drink water regularly, even when not thirsty
- ✓ Carry a reusable water bottle for easy access
- ✓ Increase fluid intake in hot weather or during exercise
- ✓ Eat hydrating foods like fresh fruits and vegetables
- ✓ Set reminders to drink water throughout the day

Did you know?

The human body is 60% water, and every system depends on it. Dehydration can impact mood, focus, and energy levels. Hydration supports heart health, kidney function, and digestion.

STAY HYDRATED, STAY ENERGISED!

The Allied Team - Greystanes
250, Old Prospect Rd, Greystanes
NSW 2145 | (02) 9636 6244

The Allied Team - Toongabbie
27/12-16 Toongabbie Rd, Toongabbie
NSW 2146 | (02) 9636 7757

The Allied Team - Pendle Hill
60/2-12 Civic Ave, Pendle Hill
NSW 2145 | (02) 9636 7696

The Allied Team - Glendenning
3/670, Richmond Rd, Glendenning
NSW 2761 | (02) 8044 4555



BEST HYDRATION SOURCES



Water

The best and most natural way to stay hydrated



Herbal teas & infused water

Infuse water or tea with lemon or orange without sugar



Fruits & vegetables

High water content (e.g., watermelon, cucumber, oranges)



Electrolyte drinks (when needed)

For high-intensity activity or illness



Factors That Increase Water Needs

1. Hot weather or high humidity
2. Exercise & physical activity
3. Fever, illness, or infections
4. Pregnancy & breastfeeding



SIGNS OF DEHYDRATION

Dry mouth & dizziness



Dark-coloured urine



Fatigue & headaches



Muscle cramps



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BOOK A CONSULTATION WITH AN ALLIED TEAM DIETITIAN TODAY!

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