

Water Intake

When you're busy working, it's easy to forget to drink enough water!

Drinking sufficient water is crucial for good health; our bodies rely on it for many functions, and staying hydrated can help fight fatigue (especially important during long hours).

Men need about 10 cups or 2.6L of water every day.

Women need about 8 cups of water or 2.1L of water every day.

Am I drinking enough water?

When working in hot conditions or when sweating, drink more water. Check your urine color to gauge hydration.



Tips to increase Water Intake

-  **Make water your drink of choice as often as possible.**
-  **Flavour it with slices of your favourite fruits.**
-  **Carry a water bottle with you and refill it throughout the day.**
-  **Set reminders to drink water (and perhaps move your body around!).**