

# Hydration for health, energy and performance

Maintaining proper hydration is essential for your physical health, energy, mental clarity, digestion, circulation, athletic performance and recovery. Even mild dehydration can lead to fatigue, headaches, poor concentration and reduced physical output.

## Why hydration matters

Regulates body temperature

Enhances cognitive and physical performance

Aids nutrient transport and absorption

Prevents muscle cramps and fatigue

Supports joint lubrication

## How much water do you need?

### General guidelines

Life stage average daily water intake\*

**ADULTS** 2–2.5 litres (approx. 8–10 cups)

**ACTIVE ADULTS** 3–3.5 litres

**DURING EXERCISE** 500 ml 1–2 hours before + 150–250 ml every 20 mins during

*\*Includes water from food and other beverages.*

### Check your hydration status

1. Urine colour should be pale yellow or clear.



Very Good



Good



Fair



Lightly  
Dehydrated



Dehydrated



Very  
Dehydrated



Severely  
Dehydrated

2. Thirst is a late sign—aim to drink before you feel thirsty.

## Hydration through food



Cucumber  
96%



Lettuce  
95%



Watermelon  
92%



Strawberries  
91%



Tomatoes  
94%



Celery  
95%



Oranges  
87%



Yoghurt  
85%

## Hydration and sports

### Before exercise

- + Drink 500ml of water 1-2 hours before activity.
- + Add electrolytes.

### During exercise

- + Drink 150-250ml every 15-20 minutes, especially in hot conditions.
- + For workouts more than 60 minutes, consume electrolytes.

### After exercise

- + Rehydrate with 1.5x the lost fluid (check weight before/after exercise if needed).
- + Include potassium-rich foods (e.g. banana, avocado) and sodium (e.g. broth, miso soup) to replace lost electrolytes.

## Dehydration risk factors

High-protein or high-fibre diets without adequate fluid

Hot, humid weather

Illness with fever, vomiting, or diarrhoea

Alcohol and caffeine excess

Intense or prolonged exercise

## Daily habits to stay hydrated

- 🌱 Start your day with a glass of water
- 🌱 Carry a refillable water bottle
- 🌱 Sip regularly - don't wait for thirst
- 🌱 Infuse water with fruit, herbs or cucumber if plain water is unappealing
- 🌱 Use hydration tracking apps or bottle markers as reminders

Hydration isn't just for athletes – it's essential for everyone. If you're active, outdoors, or under stress, drink more than you think you need.

## When to seek medical advice

Consult your doctor if you experience:

Confusion or rapid heartbeat

Dark, strong-smelling urine

Dry mouth or lips

Signs of heatstroke or overhydration (nausea, bloating, headache)

Persistent fatigue or dizziness