



PEE BY NUMBERS CAMPAIGN

HYDRATION TALLY

Have a hydration day in your office! Mark down the names of everyone taking part and tally your fluid intake during the day, each spot represents 250ml of fluid.

NAMES

CUPS (250ml)

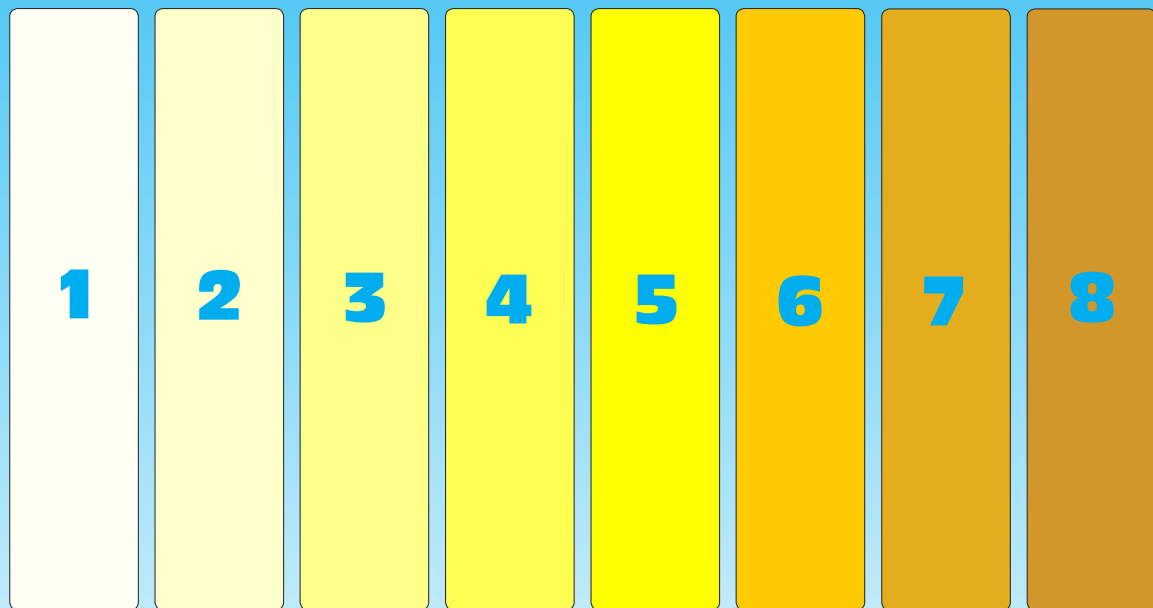
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**HEALTH PEE IS 1 TO 3,
4 TO 8 YOU MUST
HYDRATE!**





DEHYDRATION, 5 FACTS...

Dehydration can seriously affect your ability to concentrate, focus and remember

Dehydration can cause constipation

Dehydration is often the cause of the common headache

Dehydration can reduce muscle strength and performance

By the time you are thirsty you are already dehydrated

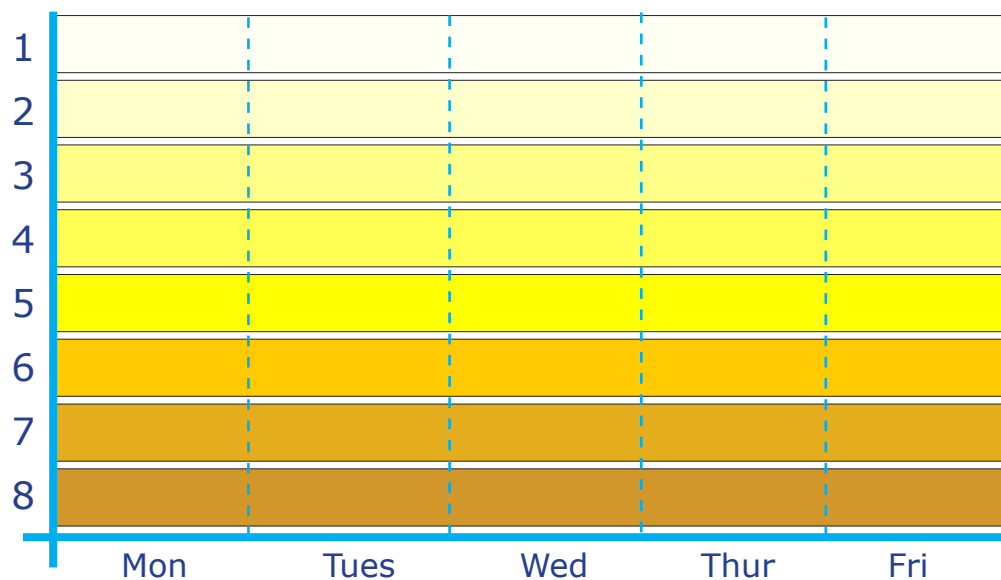




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PEE PLOTTER

Mark a small cross on the chart each time you pee throughout the week. At the end of the week, draw a line that follows the general trend of your crosses. Which was your most dehydrated day?



HYDRATION

PEE
BY NUMBERS
CAMPAIGN

Hydration

Water is an essential nutrient to life. Adequate hydration is the key to short and long term wellbeing and is needed for almost every bodily function. Even mild dehydration affects both mental and physical performance: just 2% dehydration can cause a 20% reduction in performance in physical and cognitive activities.

Keeping one's body hydrated is essential, particularly when working in varied conditions and needing to concentrate for long periods of time. Drinking little and often throughout the day can help us stay on track and keep alert.

The Brain

Many people assume that the amount of water in our body is controlled by our kidneys. It is in fact our brain that recognises when we need water, via a complicated maze of sensory neurones, in a tiny segment of the brain called the 'hypothalamus'. A delicate balance of water and sodium is at the centre of the thirst mechanism, hence why salty snacks can make us feel thirsty.

The brain itself is composed of around 75% water which means it is vital to keep topped up for healthy brain function; physical brain dehydration can also trigger the common headache.



So what *should* we be drinking?

The Water Wellpoint uses your weight, activity level, temperature and fluid intake to calculate your Hydration Quota. However, it is important that you are aware of the hidden calories associated with some beverages, as well as the diuretic effect of alcohol on the body. To help you make a healthy choice, take a look at the scale below:



Long and short term dehydration

In a world where many of us are constantly trying to juggle a hectic work schedule, thirst signals are often ignored and signals of dehydration such as fatigue, lack of focus or concentration, headaches, sleepiness and infrequent bathroom breaks may be overlooked. The consequence? If you become even mildly dehydrated, it can directly affect your ability to perform at your best.

The evidence linking mild dehydration with a range of chronic illnesses is growing. Routine dehydration, even if mild, can have potentially harmful, even fatal consequences. Gallstones, kidney stones, constipation, asthma attacks, urinary tract infections, a range of cancers such as colorectal and bladder, plus the likelihood of suffering heart attacks, are just some of the possible chronic, longer term effects of persistent mild dehydration.

To improve your ability to work in the short term and your long term health benefits, take care of your hydration needs.



For every unit of alcohol ingested, the body will excrete 100ml of water

