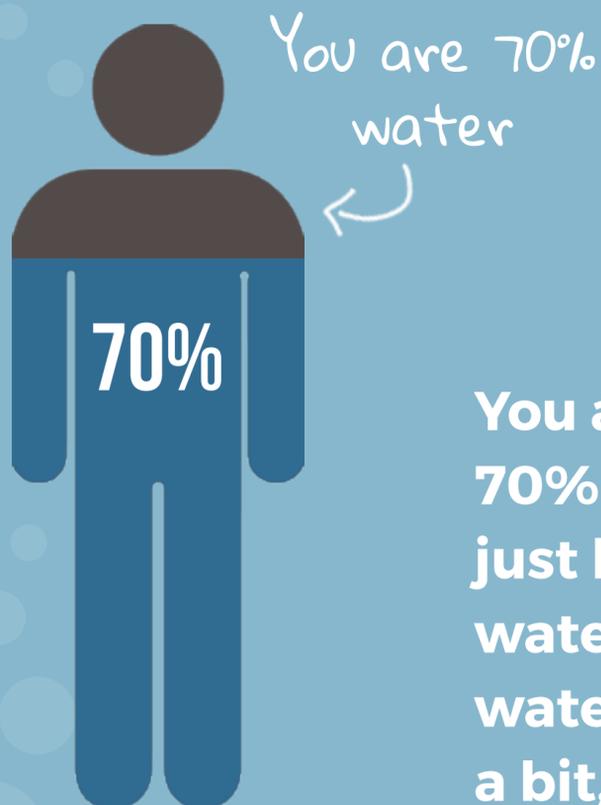


# 5 TIPS FOR DRINKING MORE WATER:



You are made up of approximately 70% water – so it's easy to figure out just how important it is to keep our water well and truly balanced. All that water is there for a reason so if we lose a bit, we need to replace it.

#1

On a sedentary day, try to drink around two litres of water.



#2

If you're not used to drinking water regularly, try initially replacing just one of your other drinks (such a sugary drinks or coffee), with a glass of fresh water.



#3

Drink a glass of water before and during each meal.



#4

Hot water with fresh mint, lemon or a piece of fruit in like lime, can help if you enjoy a hot drink.



#5

Keep a check on your urine. As a guide, it should be plentiful, pale in colour and odourless.

