Hydration

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Live later life well

Our bodies are around 60% water, which makes it very important for us to stay hydrated. It is recommended that you need 8 x 8-ounce glasses of water per day. Some of the health benefits include:

- Water helps to improve physical ability

- Hydration is important for energy levels and brain function

- Drinking water can help to prevent and treat headaches

- Drinking more water can help relieve constipation

- Drinking water may help treat kidney stones

- Water helps prevent hangovers

- Drinking more water can help with weight loss

Keeping track

You could mark your water bottle to indicate how much you want to have drank at certain points throughout the day, or download a free tracking app from either the apple or android app store. This will mean you know how much you've drank and how much is still to go.

Drink better tasting water

You could consider using a water filter, such as a Brita filter. Alternatively, try adding different fruits and vegetables such as lemons, strawberries and cucumber to change the taste to suit you.

Keep a bottle with you

If you keep a bottle with you wherever you go, you've always got water to hand which might make you more likely to pick it up and drink it.

Eat hydrating foods

Eating foods such as watermelon will contribute to your water intake and leave you feeling more hydrated. You could also try making your own fresh fruit ice lollies, with some crushed fruit diluted water.