



## David Fairlamb THE FIT FACTOR

### FITNESS TIP

It is advised that we should drink 2 - 2.5 litres of water per day. Some people simply can't train after consuming too much water or indeed during the workout as they feel sick. Listen to your body and topping up post training is fine.

### LIFESTYLE CHANGE

Drinking enough water on a daily basis is one of the key factors to keeping your body in good health.

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**A**DULTS in the UK today are consuming more water now than in recent years which is positive news, while in the US sales of bottled water have even surpassed sales of soda.

With us experiencing such a hot Easter and summer approaching why is keeping hydrated important?

Water makes up around two-thirds of our body weight, carries nutrients and waste products around our bodies, regulates our temperature, acts as a lubricant and shock absorber in our joints and plays a role in most chemical reactions happening inside us.

We've been bombarded with messages telling us that drinking litres of water every day is the secret to good health - more energy and great skin, and that it will make us lose weight and avoid cancer. On the whole this is true, therefore it is important to form a good daily habit of water intake.

We're constantly losing water through sweat, urination and breathing. Ensuring we have enough water is a fine balance, and

crucial to avoiding dehydration. The symptoms of dehydration can become detectable when we lose between 1-2% of our body's water and we continue to deteriorate until we top our fluids back up.

Research shows a 1-2% drop in water can lead to:

- Feeling tired and lethargic.
- Weight gain, because 80% of the time you think you are hungry you are actually thirsty - therefore you end up eating more.
- Unable to concentrate on a computer screen for long.
- Hair, nails and skin can suffer.
- You become irritable.
- Your sleep patterns can alter.

It is advised adults consume about one millilitre of liquid for every recommended calorie of food, which equates to two litres for

*Water is the  
driving force of  
all nature*

**Motivational quote  
of the day**

women on a 2,000-calorie diet and two-and-a-half for men eating 2,500 calories. Not just water, that includes most types of drinks - as well as fruits and vegetables, which can contain up to 98% water.

A number of studies have found, for example, that drinking enough to avoid mild dehydration helps support brain function and our ability to do simple tasks, such as problem-solving.

While water is the healthiest option since it has no calories, other drinks also hydrate us, including tea and coffee. Although caffeine has a mild diuretic effect, research indicates that tea and coffee still contribute to hydration.

I suggest buying a 500ml bottle of water and making sure you fill it four times a day. There are also a number of water tracking apps which you can download to check you are drinking enough. If you are exercising or it is a very hot day, it would be wise to consume extra.

Listen to your body and make sure you drink enough water each day as part of your wellbeing regime.



**> If England boss Gareth Southgate can appreciate the benefits of hydration so can you!**