

SCIENCE OF HYDRATION

#StayHydrated #Stay@Home



About 70% of human body is comprised of water, thus adequate hydration is essential.

Adequate water intake according to WHO



Factors such as body weight, geographic location and medical condition also determines the recommended water intake.

INTERESTING FACTS

- 1 Afternoon lethargy is a sign of being dehydrated
- 2 When you sweat, you lose water from both inside and outside your cells.
- 3 Thirst isn't the best indicator that you need to drink water. "If you get thirsty or if your mouth is dry, you're already dehydrated!"
- 4 Apart from quenching thirst, water helps maintain electrolyte balance, remove toxins and regulates digestion and body temperature.

A secret to smooth and glowing skin is also staying hydrated!

SIMPLE AND EXCITING WAYS TO STAY HYDRATED



MAKE WATER MORE EXCITING - Infuse it with cumin, mint, cucumber, lemon.



KEEP A TIME CHECK - Have a glass of water every 2 hours.



EAT YOUR H2O- such as watermelon, muskmelon, tomato, spinach, papaya etc.

KEEP AN EYE OUT FOR THESE DEHYDRATION SYMPTOMS



Fatigue



Thirst



Dizziness



Confusion



Dry skin/
mouth



Less frequent
urination

Whether thirsty or not, conscious consumption of water is always the best way to keep yourself hydrated.