



Workplace
FITNESS
Challenge

Hydrating for Active Living

2
weeks
left

Looking after your food and hydration can help you make the most of the Workplace Fitness Challenge in order to improve your MET score. Becoming dehydrated can slow you down, make it harder to exercise and lead to problems like fatigue and poor performance. We all need at least 2 litres of fluid everyday to ensure our bodies remain adequately hydrated.

Top 5 Tips

- 1. Bottle at your desk:** Leaving a big bottle of water at your desk is the easiest way to track and increase your water intake.
- 2. Glass of water at each meal:** Adding a glass of water at each meal can become a great habit and key to staying hydrated and not overeating.
- 3. While having a coffee/tea drink at least one glass of water:** As many hot drinks can dehydrate you, this can be a key to remaining hydrated if you drink coffee regularly through the day.
- 4. Start each day with a glass of water before you do anything else:** Such an easy step and another key habit to build on.
- 5. Leave bottles in your most common places:** Whether it is the car or your office having bottles of water around can help you stay hydrated.

Other helpful Tips

- Stay well-hydrated by drinking at least two litres of water everyday, even when you are not training or exercising.
- Check your urine. Although it will be darker in the morning, it should be clear or almost clear for the rest of the day. If it is darker or you don't pee often, then you may need to drink more fluids.
- Drink at least 500mls of fluid two hours before training or an event and another 250 about 15 minutes before.
- If you are exercising for long periods, try to take a drink about every 15 minutes.
- Rehydrate! After any exercise, training or event, you need to re-hydrate your body!

How much fluid do I need after exercise?

Work out the amount of fluid you need by weighing yourself before and after exercise. The difference in weight is the amount of fluid you have lost. You need to replace 150% of the weight you have lost with fluid over the next 4-6 hours. The actual amounts of fluid needed vary from sport to sport with runners often losing more fluid than people doing other sports and activities.