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Health tip

Drink water for better health

It's important to drink enough to stay fit and healthy. Particularly when it's hot and the body is sweating more.

► Why do we need water?

The body is made up 50-65% of water. We need it for example to balance fluids, break down food, supply cells and transport substances within the body. To maintain all these important metabolic processes it is essential to drink between 1.5 and 2 litres each day – and considerably more if you're doing sport or visiting the sauna.

► Don't wait until you're thirsty

If the body lacks water, the blood becomes thicker, and both your performance and concentration will start to flag. To stop this happening, the body regulates the need for fluids via a feeling of thirst. If you feel thirsty, this is already a sign that you're short of fluids. Therefore make sure you have regular drinks throughout the day.

► Always have water to hand wherever you are

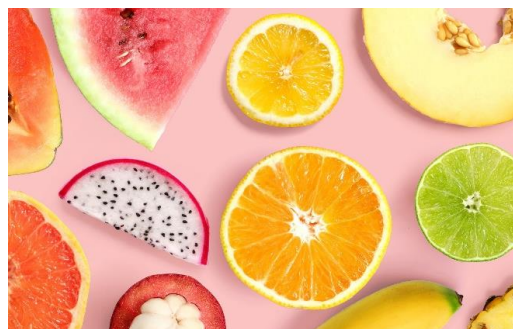
Keep a bottle of water or other zero-calorie drink of your choice at the places where you spend most time. Ring the changes – try e.g. unsweetened teas or add slices of fresh fruit or herbs to a nice glass carafe of water. This way you'll get into the habit of drinking more. And a refillable drinking bottle will also ensure you've always got enough to drink when you're out and about.



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