

Don't wait to hydrate!



Our bodies are made up of approximately 60% water so staying hydrated is essential for our health and wellbeing. Drinking enough water every day helps to regulate our body temperature, prevent infection and constipation, keeps our organs functioning properly, and also helps to improve concentration, alertness and mood.

We should aim to drink 6-8 glasses of water or other liquids per day, which is approximately 1.5-2 litres. This might sound a lot, so here are some tips and recipes that might help!

1. Experiment with flavoured fluids, for example, add cordial to water or add fruit slices such as lemon, orange, lime or even cucumber and fresh mint leaves to add flavour to plain water.
2. Keep a drink near you as a visual reminder to sip throughout the day or set a reminder to drink every hour.
3. In hot weather, make up ice lollies with fruit juice or diluted cordial to keep cool and hydrated.
4. Carry a reusable bottle when you're out and about.
5. Don't think you have to stick to water - soups, milk, fruit tea, juices, smoothies, jelly will all count towards your fluid intake.
6. Even some fruits and veg contain a lot of water. Add watermelon, strawberries, oranges, cucumber, celery and lettuce to your diet to boost your water intake.
7. As caffeine can have a mild diuretic effect and can impact sleep, try decaffeinated varieties after around midday.
8. Track your fluid intake every so often, to check you are drinking enough – note down every time you fill your glass
9. Use your favourite cup or mug – maybe one that even makes you smile...



Hydrating Coconut Ice Lollies (makes 6)

Ingredients:

400ml coconut water

1 tbsp maple syrup

Squeeze of lime or orange juice

Fruit of choice (strawberries, blueberries, kiwi, mango)

Method:

1. Pour the coconut water into a jug and mix in the maple syrup
2. Slice your fruit of choice and place into the ice lolly moulds
3. Pour the coconut water mix into each mould
4. Carefully wedge an ice lolly stick into the water
5. Freeze overnight

Sunshine Smoothie (serves 1)

Ingredients:

1 orange, peeled and roughly chopped

1 large carrot, peeled and roughly chopped

2 sticks celery, roughly chopped

50g mango, roughly chopped

200ml water

Method:

Put the orange, carrot, celery and mango in the blender, top up with water, then blitz until smooth.



Watermelon Cooler (serves 4)

Ingredients:

600g watermelon, chopped into chunks

250ml water

1 tbsp granulated sugar

1 tbsp lime juice

Method:

1. Put all the ingredients in the blender, and blitz until smooth.
2. Strain through a fine mesh strainer if you prefer it super-smooth!
3. To serve, pour over ice-filled glasses and enjoy!



Ginger, Lemon and Honey Soother (serves 4)

Ingredients:

2cm piece root ginger, finely sliced

1 lemon, sliced

Honey to taste

Method:

1. Place the sliced lemon and ginger in a teapot
2. Stir in 1 litre of just boiling water and steep for 5 minutes.
3. Pour into mugs and sweeten with honey to taste.