

## Top Tip Number 3 Drink Lots of Water

Water is a healthy and cheap option for staying hydrated! It is important we drink plenty of water to ensure we are replacing the fluid we naturally lose each day through going to the toilet and sweating! We should drink 6-8 glasses or 1/1.5 litres of fluid each day to prevent dehydration. Dehydration can lead to headaches or cause us to feel very tired, dizzy and hungry!

Water will always be the best option, however, **if you don't like the taste of plain water, try sparkling or add a slice of lemon or lime. You could also add some no-added-sugar squash for flavour.** If you fancy something different then do not underestimate your drinks choices, some of the most common drinks can contain more than 12 teaspoons of sugar which is equal to five Chupa Chups lollipops!



Drinking plenty of water can help us maintain a healthy weight too. When we feel dehydrated we can experience a lack in energy, resulting in us turning to unhealthy or unnecessary snacks for an energy boost when what we may need is some water. Our top tip is to keep a refillable bottle with you when at work, school or on the go to ensure you're always reminded to drink throughout the day!

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