

Are you drinking enough fluids?

You should aim to drink at least 1.6 – 2 litres (2.8 – 3.5 pints) of fluid per day to stay hydrated, the equivalent of around 8 glasses. Drinking sufficient amounts can contribute towards staying fit and healthy.

Signs of dehydration can include: a dry mouth or lips, thirst, tiredness, headache, dry and loose skin, and dark coloured or strong smelling urine.

Use the urine colour chart below to check if you may be dehydrated. If you are at all concerned, contact your doctor.

