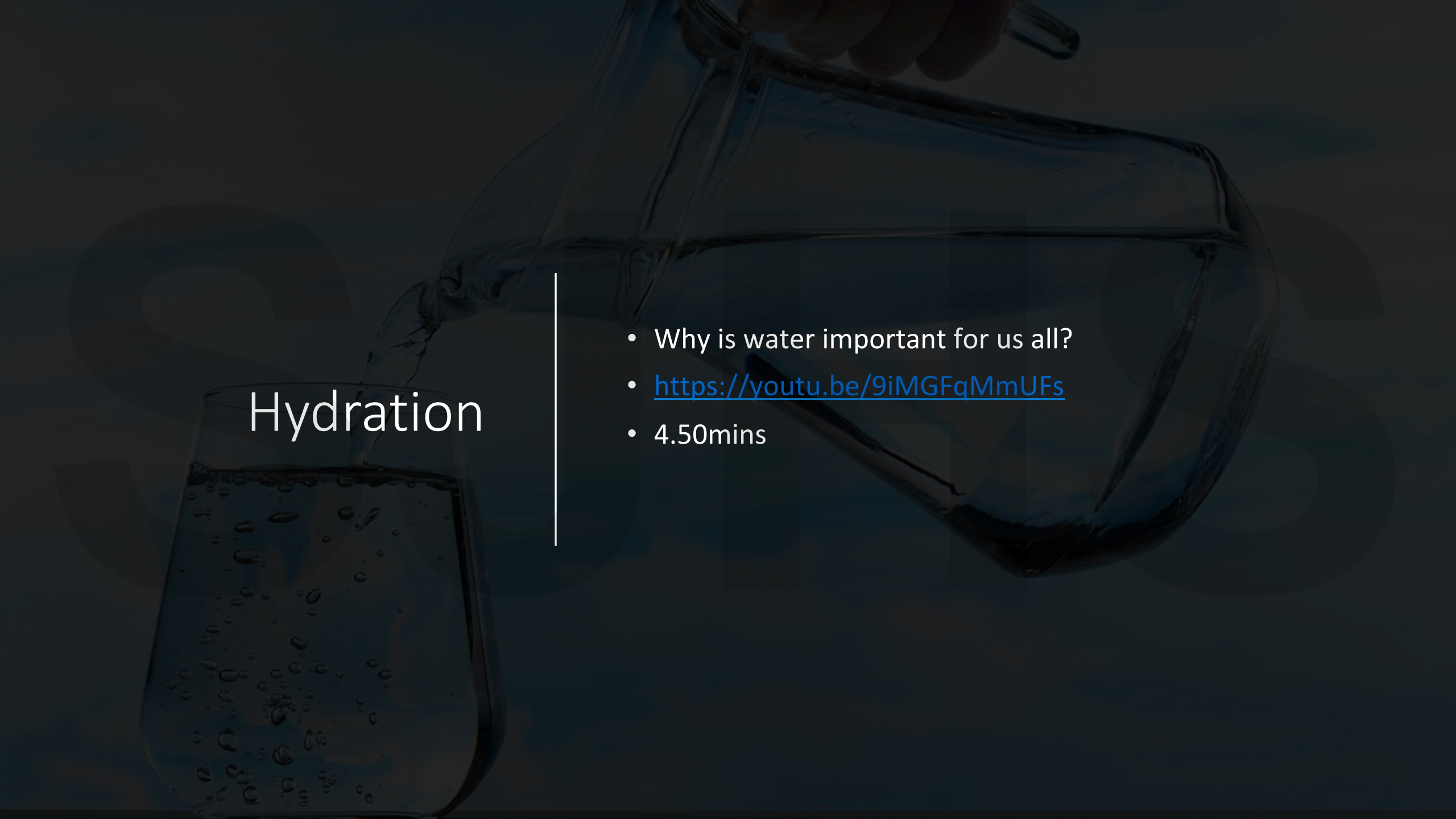




Hydration
Why it's
important for us
all



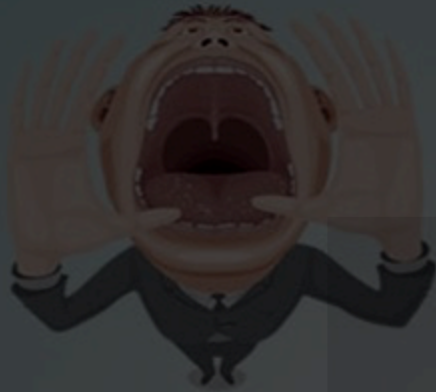
Hydration

- Why is water important for us all?
- <https://youtu.be/9iMGFqMmUFs>
- 4.50mins

Warning Signs that Your Body is *Lacking Water*



Headaches and
Lightheadedness



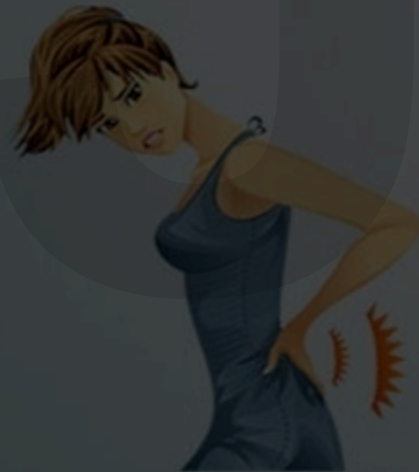
Bad Breath
and Dry Mouth



Constipation and
Other Digestive Issues



Fatigue and
Lethargy



Joint and
Muscle Pain



Accelerated
Heartbeat

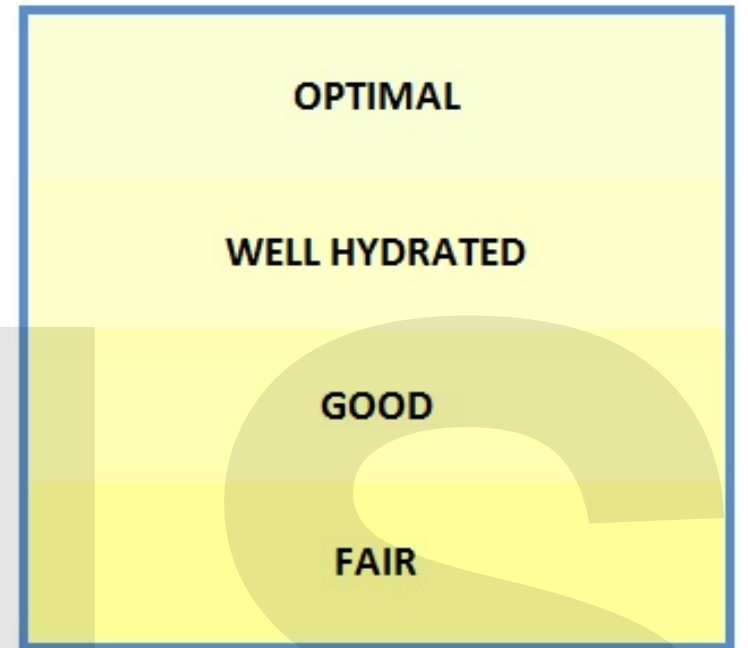
Hydration

Some tell tale signs
that you might be
DEHYDRATED

Hydration

- Let's talk about weeeeeeeeeee!!!!
- Yes even the colour of your wee will tell you whether or not you are drinking enough water or eating foods with a high water content.
- Amazing!

HYDRATED



DEHYDRATED



A woman and a man are shown in profile, drinking water from clear plastic bottles. The woman is in the foreground, wearing a blue tank top, and the man is behind her, also wearing a blue shirt. They are outdoors, with a blurred green background suggesting a park or outdoor setting. The scene is brightly lit, likely by sunlight.

Hydration

- What do doctors say about getting enough water in your diet?
- If they don't know then who will ?
- Doctor Axe says.....
- <https://youtu.be/PFuaoZTpFLI>
- 4mins

Hydration

A row of four silver forks is positioned horizontally against a teal background. Each fork holds a different food item. From left to right: the first fork holds a slice of watermelon; the second holds a whole strawberry; the third holds a purple flower; the fourth holds a slice of kiwi; and the fifth holds a green pepper. The forks are arranged in a slightly overlapping manner, with the handles pointing downwards.

- Here's Ralph!
- Listen to what Ralph has to say about the fruit and veg you can eat that are both tasty and good for your body.
- <https://youtu.be/iYQyLfJLrGO>
- 4mins

A dynamic splash of blue water with bubbles and ripples, set against a light blue and white background. Several semi-transparent circular overlays are scattered across the image, some overlapping the water and others the background.

Remember to Stay Hydrated

Hydration |

Look after
yourself, it's worth
it!