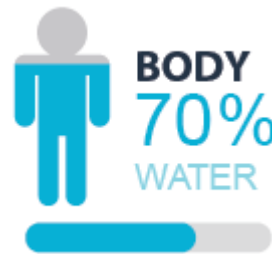


STAY HEALTHY! PREVENT DEHYDRATION

Water is vital in order for our bodies to function normally. It's not only the main component of every cell, but also delivers nutrients to tissues, boosts metabolism, flushes out toxins and even contributes to the thinking process.

Not drinking enough water can lead to dehydration. This is a condition where the body loses more water than it takes in, resulting in the disruption of bodily functions.



A LACK OF CONCENTRATION AND ENERGY MAY BE A SIGN OF DEHYDRATION

HOW MUCH WATER SHOULD YOU DRINK EVERY DAY?



*A HEALTHY PERSON SHOULD DRINK
30ML OF WATER FOR EACH KILOGRAM OF WEIGHT*

On average it equates to 1.5–2 liters or 6–8 glasses (250ml) of water daily. The more you weigh, the more water you should drink.



WHEN SHOULD YOU DRINK MORE WATER?

Some situations demand additional water intake.

- **Physical exercise** resulting in sweating. Drink water before, during, and after exercise.
- **Hot and humid weather**; going in saunas; warm, dry air indoors during the winter.
- **Illnesses**: fever, food poisoning, urolithiasis, urinary tract infections all demand an additional water intake.



WHAT SHOULD YOU DRINK?

According to the latest clinical studies, **any unsweetened liquid** is suitable in replenishing your water balance: water, tea, weak coffee, soups. But it's still better to **prioritise water**. No extra calories, doesn't damage teeth enamel, and safe for the stomach mucosa.



8 WAYS TO ENCOURAGE WATER CONSUMPTION



1 Make it step by step

Good habits become part of our routine – gradually. Drink an extra ½–1 glass of water each day until you reach your goal of 6–8 glasses per day.

2 A glass of water in the morning

Start your day with a glass of warm water. It'll help you wake up and move your digestive system into working mode.

3 Drink a glass of water before every meal

Drink a glass of water before or during every meal. Try to **refrain from drinking for an hour after a meal** to prevent your stomach from excessive stretching.

4 Water always in sight

Put a bottle of water (1–1.5l) within reach and set an audible reminder on your smartphone or any other device. Drink a glass of water every 60–90 minutes.

5 Add some flavour

Water seems tasteless to many people. But that can be easily rectified: just add a little bit of lemon, mint, cucumber, ginger, strawberry or any other berries into your water bottle. It'll help brighten up your day, enriching your body with vitamins

DO NOT ADD SUGAR!



6 Teatime

Herbal or green tea is a great way to improve your health, restore the liquid balance in your body and warm up your body parts freezing under the air conditioner.

7 Mobile apps to monitor your water intake

There are a lot of free mobile apps today that help monitor the amount of water that you drink – and advise you if you need to drink more. These are especially useful for people who are at the start of their water challenge.

8 Let's play!

Assume the role of the command player and challenge your colleagues and friends to drink more water. It'll help you improve your own results while flexing out your motivational and leadership skills.

! *Be sure to consult your doctor if you notice swelling or if you abruptly gain weight when drinking a normal amount of water.*

STAY HEALTHY and HYDRATED!

Marsh is one of the Marsh & McLennan Companies, together with Guy Carpenter, Mercer, and Oliver Wyman.

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