



Hydration for the Nation

Aqua Pura provides the facts on the importance of drinking water:



- Water is the largest single constituent of the human body
- Water makes up 60% of an adult's body
- Dehydration can affect body function and our health
- Mild dehydration can occur when 1% of our body weight is lost due to water restriction
- Symptoms of dehydration include headaches, tiredness, the colour of urine changes (the darker it is the more dehydrated someone can be), constipation and muscle tiredness
- Hydration can help with weight management, Kidney stone risk, Cognition (gaining knowledge and remembering information) and UTI risk
- Children – 60% arrive at school dehydrated which affects their ability to function and learn and 70% don't drink enough¹
- The adequate intakes of daily water from the European Food Safety Authority (EFSA) include:
 - Infants in the first half of the first year of life – 100 -190ml/kg per day
 - Infants 6-12 months of age a total water intake of 800 -1000ml/day
 - For the second year of life an adequate total water intake of 1100 - 1200ml/day



- Children - estimated to be 1300ml a day for boys and girls 2-3 years of age; 1600ml a day for boys and girls 4-8 years of age; 2100ml a day for boys 9-13 years of age; 1900ml a day for girls 9-13 years of age
 - Adolescents of 14 years and older are considered as adults with respect to adequate water intake
 - For adult females 2.0l a day and for males 2.5l a day. The same applies for the elderly
 - For pregnant women the same water intake as in non-pregnant women plus an increase in proportion to the increase in energy intake (2litres plus 300ml/day)
- If you are active and sweat during pursuits, the water you lose needs to be replaced so drink plenty of water
 - Just losing 2% of your body weight in fluid can decrease sports performance by up to 25%
 - Aqua Pura has a hydration calculator to work out how much water you should be drinking based on your body dimensions (height/weight), visit <https://aqua-pura.com/hydration/>

Aqua Pura 100% recyclable sparkling and still water bottles are available from Tesco and Sainsburys, for further information visit www.aqua-pura.com

Instagram - [@aquapura.uk](https://www.instagram.com/aquapura_uk)
Facebook - [AquaPuraWater](https://www.facebook.com/AquaPuraWater)
LinkedIn - [Aqua-Pura-UK](https://www.linkedin.com/company/aqua-pura-uk)