



Dorset County Council

**NHS**

Dorset  
Clinical Commissioning Group

stay healthy

just  
add  
water



*“Water is a basic nutrient of the human body and is critical to human life”*

(World Health Organisation)

## Drinking water is the perfect way to stay healthy and hydrated...

In order to maintain a healthy lifestyle, it is recommended that adults drink around 2 litres of water a day and considerably more when they perform exercises or if the weather is hot.

It is also vitally important that if you are taking “water tablets” or laxatives that you maintain your fluid intake.

## Tap water is the perfect way to do this...

drinking 6-8 glasses of water a day can help to improve a number of common complaints, including: headaches, constipation, urinary tract infections, blood pressure, and sleep difficulties.

## nothing added...clear dietary benefits:

Water contains no fats, no proteins, no carbohydrates and therefore no calories!

Water is the perfect accompaniment for a nutritionally balanced meal.

### Top Tip:

Tap water tastes great served fresh and cool, so why not keep a jug of tap water in the fridge.



# Drink plenty of water and the health benefits are clear....

It reduces Confusion and subsequent risks of falls and fractures

It reduces your headaches

It eases constipation

It reduces the risk of urinary tract infections

It reduces bladder irritation caused by fizzy drinks, caffeine and alcohol

It can improve your blood pressure

It improves the suppleness of your skin

It can protect your teeth and gums

It helps you to sleep better

## Common Myths:

If you have a bladder problem, restricting your water intake will **NOT** work, it will probably make it worse!

for more information talk to your GP or health professional