

Hydration Made Practical

Sources, daily anchors and context - without one universal target for everyone.

i

HYDRATION NEEDS VARY

Needs vary by person, food, climate, activity, access and health context.

FLUIDS AND FOODS THAT CONTRIBUTE

WATER AND EVERYDAY DRINKS

- water, tea and coffee
- milk or a suitable alternative
- choose an acceptable flavour and temperature

FOODS THAT CONTAIN FLUID

- soups and other liquid dishes
- fruit and vegetables
- yoghurt and cooked foods

DAILY ANCHORS

- a drink with a meal
- a bottle kept in sight
- a break, travel or training session

ACCESS AND ROUTINE

- is water nearby
- are there real breaks
- toilet access may change behaviour

CHECK THE CONTEXT

GREATER LOSSES

- heat and humidity
- longer activity
- vomiting, diarrhoea or fever

LESS RELIABLE THIRST

- older age
- some conditions or medicines
- extreme conditions

RESTRICTIONS

- kidney or heart condition
- medical fluid plan
- do not change the plan independently

i

THERE IS NO SINGLE UNIVERSAL NUMBER

Thirst, routine and observation help, but are not commands. Clear urine throughout the day is not a required target.