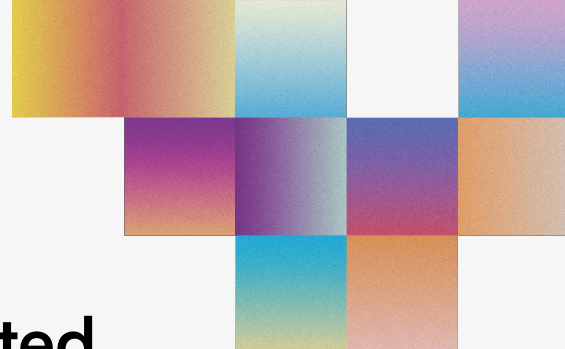




How to Start Optimally Hydrated (called ‘Eu-hydrated’)

Maintaining euhydration means keeping your body’s water levels in balance - not too low, not too high. Here’s how to do it every day, especially when you’re active or working in heat.

Daily Hydration Habits

1. Start Your Day with Water
Drink 1-2 glasses of water when you wake up. Your body loses fluid overnight - even if you don’t sweat.

2. Sip Throughout the Day
Aim for regular intake. Don’t wait until you’re thirsty - it’s a sign of dehydration

3. Customise Your Intake:
General guidance for fluids:^{*1}

- Women: approx 2.7 litres/day
- Men: approx 3.7 litres/day

Note this includes all fluids and water-rich foods)

How much fluid do I need?

HYDRATION CALCULATOR:

Weight Based Fluid Target^{*8,5}

- 30 - 40 mL per kg of body weight per day
- For example a 70 kg person needs approx 2.1-2.8 litres per day

Calculation

Your weight (kg) x 30 = amount of fluid (in mLs) to consume daily

Remember to add to your daily total all sources of fluids, including any water-rich foods such as fruits

DON’T FORGET ELECTROLYTES.....

Sweating causes significant **sodium** and **potassium losses**. Replacing fluids with **electrolyte-enhanced drinks** improves rehydration - especially when sweat loses are high



WHEN EXTRA HYDRATION MATTERS

Increase fluid intake when:

- Working in hot/humid environments
- Wearing impermeable clothing or PPE
- At high altitude or in dry climates
- Experiencing illness, especially fever or gastrointestinal upset
- Performing long-duration or high-intensity activity

Hydration When You Are Physically Active

BEFORE Exercise or Work

- Drink 5-7 mL/kg^{*7,5} body weight at least 4 hours before activity.
- E.g 1.5 - 2 cups for a 70kg person

CALCULATION

Your weight (kg) x 5 = fluid (mLs) to consume prior to exercise

DURING Exercise or Activity

- Aim for **150-250 mL** every **15-20** minutes depending on sweat rate^{*5}
- For extended activity (>60 min), use **electrolyte**-containing fluids

AFTER Exercise or Activity

- Replace 125-150% of fluid lost, based on body mass change
- For example for^{*4,5} every 1kg of body weight lost, drink 1.25-1.5L of fluid within the following 2-6 hours
- Include electrolytes (especially sodium) to help fluid retention and restore plasma volume

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