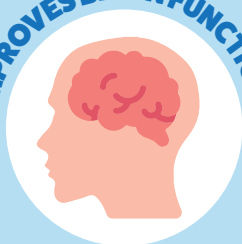


# Hydration

IMPROVES BRAIN FUNCTION



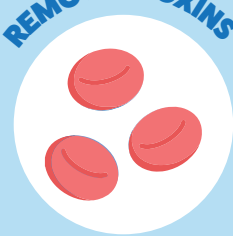
MAINTAINS A HEALTHY HEART



LUBRICATES JOINTS



REMOVES TOXINS



AIDS DIGESTION



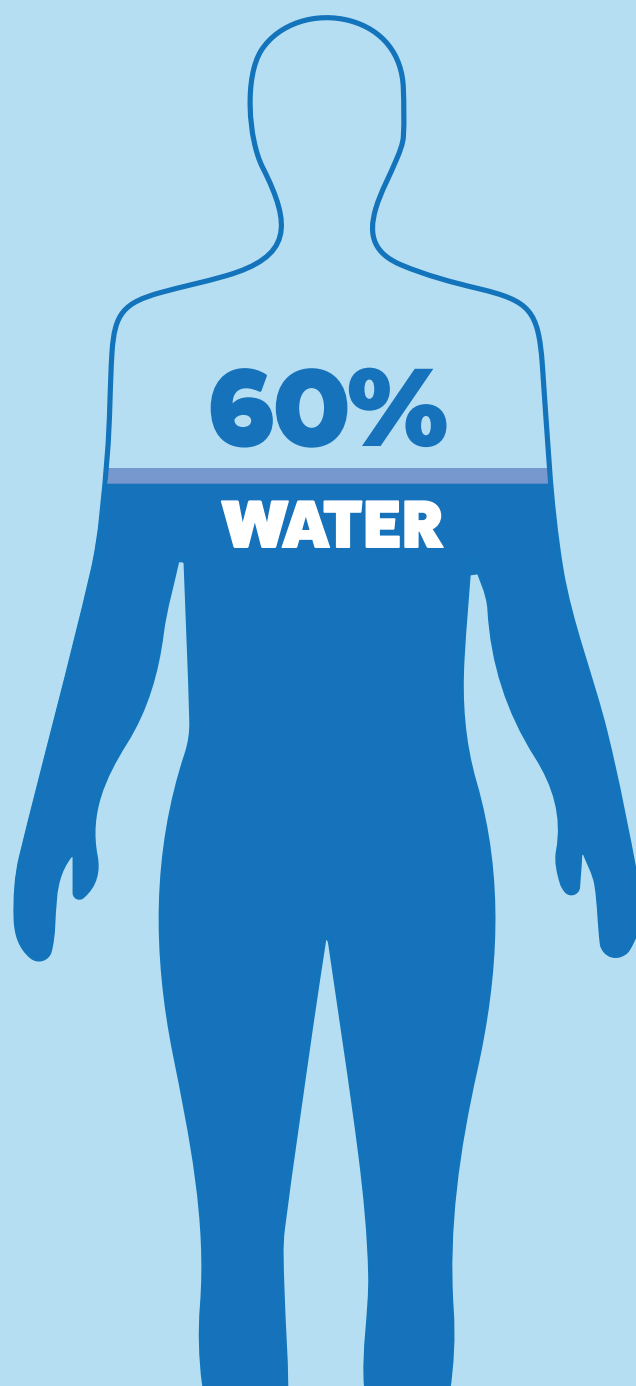
PREVENTS URINARY TRACT INFECTIONS



INCREASES WOUND HEALING



BOOSTS GENERAL HEALTH



**EVERY  
DROP  
COUNTS**

## The endless benefits of hydration

Water makes up about 60% of your entire body and is vital for staying healthy. Here are some of the many benefits to your overall health. Remember every drop counts!

Drink 6-8 times a day and  
aim for at least 8 cups of fluid



**Great drinks that do not  
irritate the bladder:**

Decaffeinated coffee and tea,  
herbal teas, milk, milkshakes  
water, diluted fruit juice



**Drinks and food which can  
irritate the bladder:**

Citrus fruit and juices, tomatoes,  
fizzy drinks, alcohol, tea, coffee,  
hot chocolate, green tea

**EVERY  
DROP  
COUNTS**

**Is fear of incontinence stopping you from hydrating?**

When you are not hydrated enough, your urine becomes concentrated and can irritate the lining of your bladder. This can cause you pain and discomfort and make you need to wee more often and with more urgency.

# How do you like your **CUPPA**?



**EVERY  
CUP  
COUNTS**

**Make sure you tell us how you like your brew**

We all like our cuppa differently and we really want you to enjoy every drop of yours. Make sure you let us know just how you like it so we can help you stay hydrated.



# Healthy food and drink options to keep you hydrated



Fruit



Jelly



Ice lollies



Smoothies



Soup



Infused water

**EVERY  
BITE   
COUNTS**

## There are more ways to keep hydrated

Around 80% of water comes from drinks and a further 20% is contained in our food. Eating foods high in water content is one of the ways you can stay hydrated.