



# BCUHB Hydr8 Toolkit

## The Power of 8

1

Hydration is the process of using and replacing fluids in the body. Our bodies are made of 60% water and therefore hydration is important for good health

2

Good levels of hydration can help to prevent: Constipation, low blood pressure, urinary tract infections, falls, confusion, pressure ulcers, wounds, dry skin, headaches, poor concentration



3

Fluid requirements are different for everybody. However, it is recommended that we all drink 6-8 cups/ glasses of fluid each day

4

All fluids count towards your 8 a day!

Hot drinks e.g tea, coffee, hot chocolate, malted milk drinks.

Cold drinks e.g milk, squash, pure fruit/ vegetable juices, fizzy drinks



5

Some foods contain fluid too!

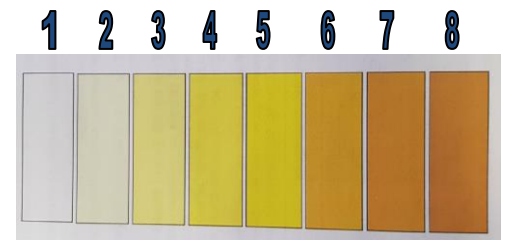
Around 20% of our daily fluid intake is contained within our food.

Fluid rich foods include fruit, vegetables, jelly, ice lollies, ice cream, soup, sauces e.g gravy



6

The colour of your urine tells you if you are hydrated enough. 1-3 is what you are aiming for



7

You will need to increase fluid intake when:

Exercising, when it is hot, when sweating and if you are unwell particularly if you have diarrhoea and vomiting



8

Hydr8 – Motiv8- feel gr8!

Please help us spread the message about the importance of hydration