

Drink your fill of hydration facts.

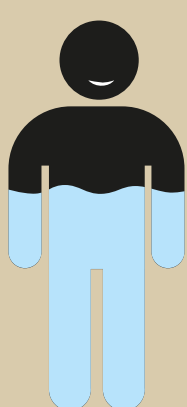


Hydration's vital to our health, wellbeing and ability to perform physical and mental tasks. So here are some surprising facts that will encourage your people to drink more for better workplace performance.

We need plenty of fluid in our diets

Our bodies are made up of up to

60%
water.



That means we need to drink:



everyday.

But most of us aren't drinking enough

A whopping

75%

of American adults are chronically dehydrated*



*Study based on American adults.

Which is affecting our work

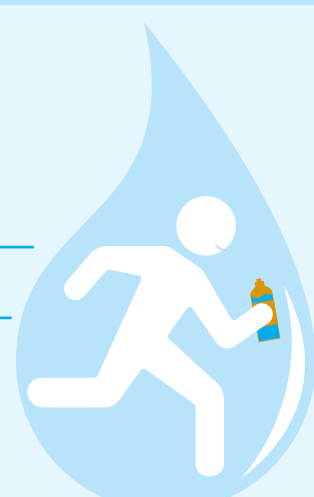
Dehydration can reduce physical work capacity by

30%

-70%

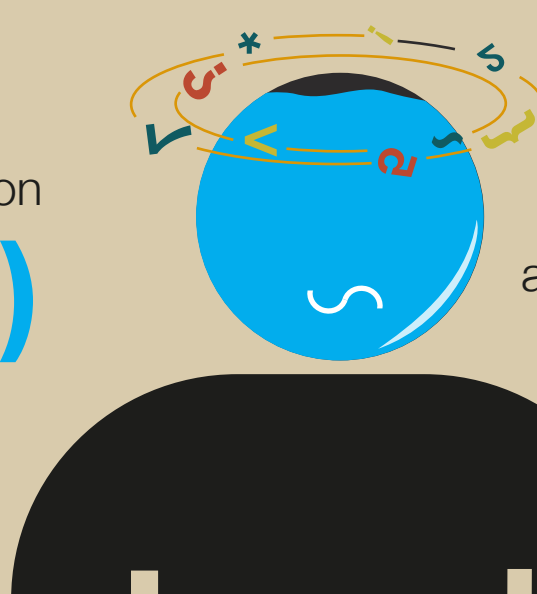


-100%



Even mild dehydration

(1-2 %)



impairs memory, alertness and accuracy.*

*In a male adult weighing 80kg, this is a weight loss of between 800g and 1.6kg.

So here's what you need to do

Drink up!

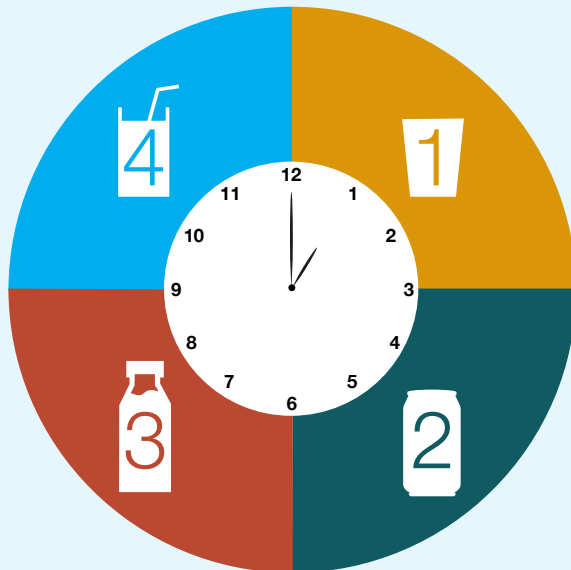
At least

70-80%

of our fluid needs come from beverages (that's 8-10 glasses).



Water, soft drinks, milk and orange juice are all equally effective at **maintaining the body's hydration level** for four hours after drinking.



Make sure your workplace has lots of choice.

People drink up to

50%

more with multiple beverage options.



For more information on how to improve your people's hydration and workplace performance, read our whitepaper.

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