

Hydration. The Benefits of Drinking Water

How your body loses water



Urinary System



Sweating



Breathing



Bowel Movements

Signs of dehydration



Fatigue



Dry or Cracked Lips



Headaches



Dry Nasal Passage

The benefits of staying hydrated

- ✓ Improves muscle recovery and reduces cramping
- ✓ Helps you think, concentrate and stay alert
- ✓ Lubricates joints, and can help to prevent injuries
- ✓ Assists with healthy kidney function
- ✓ PLUS it's sugar free and inexpensive!

If you have concerns about feeling fatigued at work

Speak with your Supervisor or Work Healthy Australia Onsite Health Provider.

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