

Drink plenty of water
and the health benefits
are clear....

It can improve your blood pressure
It improves the suppleness of your skin
It can protect your teeth and gums
It helps you to sleep better
It reduces urinary frequency
It reduces your headaches
It eases constipation
It reduces urinary tract infections
It can reduce confusion and subsequent risks
of falls and fractures

Common Myths:

If you have a bladder problem,
restricting your water intake will **NOT** work,
it will probably make it worse!

for more information talk to your GP
or health professional

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Dorset County Council


Dorset

stay healthy

just
add
water



for more information visit:

www.dorsetforyou.com/justaddwater

www.dorset-pct.nhs.uk


Dorset County Council


Dorset

“Water is a basic nutrient of the human body and is critical to human life”

(World Health Organisation)

Drinking water is the perfect way to stay healthy and hydrated...

In order to maintain a healthy lifestyle, it is recommended that adults drink around 2 litres of water a day and considerably more when they perform exercises or if the weather is hot.

It is also vitally important that if you are taking “water tablets” or laxatives, you maintain your fluid intake.

Tap water is the perfect way to do this...

drinking more water, between 6 and 8 glasses a day, will bring many health benefits...

helping to reduce constipation, urinary infections and headaches, as well as improving blood pressure and sleeping patterns.

nothing added... clear dietary benefits:

Water contains no fats, no proteins, no carbohydrates and therefore no calories!

Water is the perfect accompaniment for a nutritionally balanced meal.

Top Tip:

Tap water tastes great served fresh and cool, so why not keep a jug of tap water in the fridge.

