



Signs of dehydration:

- Lack of energy
- Headache
- Constipation
- Lack of ping in your skin!
- Lack of concentration
- Urinary tract infections (UTIs)
- Kidney stones
- Joint pain

## **GOAL SESSION 5 HYDRATION**

Join our [Facebook group](#)

Our PDF booklet with meal planner pages, pacing, gratitude etc [here](#)

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The amount of water you need depends on your environment.

Drink little and often. Try not to wait till you are thirsty to drink.

Filter your water where possible.

Bottled water contains minerals if it states so. check the labels!

Carry a bottle of water with you wherever you go.

Try to only drink 1-2 glasses of fruit juice. It's better to eat the fruit/veg itself. It contains water AND fibre as well as nutrients.

