

# Hydration

## *How much water should I drink?*

The go-to answer for a long time has been 2L of water, or 8 typical 250mL “glasses” of water. However, this answer can’t cover all people in all situations, and most likely became popular because it is fairly easy to remember and teach to children.

- **Men should aim for 3 litres (19 cups) of fluid everyday**
- **Women need at least 2.2 litres (9 cups) of fluid everyday**

On average, a typical adult loses about 2.6 litres (L) per day.

## *Things to remember:*

- **Hydration during exercise:** When we exercise, our bodies lose more water than they would without activity
- **Environment:** Our environment has an effect on the amount of water we need to drink, and the amount we lose from sweat.
- **Hydration while pregnant or breast-feeding:** Pregnant and nursing women are “eating for two”, but many forget that they are also drinking for two.
- **Hydration and alcohol intake:** Alcohol dehydrates our bodies in several ways, and can leave us with a hangover (which is really just a stomach ache and a nasty case of dehydration).
- **Illness:** When we are sick, our bodies release liquids by sweating (during a fever), vomiting or diarrhea.

## *We lose water on a daily basis:*

- Through the respiratory tract (by breathing)
- Through the gastro-intestinal tract (faeces)
- Through the skin (perspiration and sweating)
- Through the kidneys (urine excretion)

Average DAILY WATER LOSS	
Kidneys	1.5 L
Respiratory tract	0.4 L
Gastrointestinal tract	0.2 L
Skin	0.5 L
<b>TOTAL</b>	<b>2.6 L</b>



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