



Hydrated

Dehydrated, need to drink more water

Seriously dehydrated

Are you dehydrated?

A massive 96% of UK office workers are reported to be dehydrated. A mere 2% drop in hydration can lead to a 20% drop in concentration.

Staying hydrated is crucial for maintaining your physical and mental well being. A simple way of determining your hydration status is by looking at the colour of your urine and comparing it with the colour chart on the left.

When you are drinking enough water your body is in balance and your urine will be a **pale straw yellow colour (Hydrated)**.

When you have not drank enough water your kidneys try to save as much water as they can and cause your urine to be **darker in colour (Dehydrated)**.

Below are just some of the effects of dehydration:

- Fatigue
- Headaches
- Nausea
- Confusion
- Painful urination

Thankfully, regaining hydration is simple. One or two cups of water will quickly give the body the water it needs and help you maintain a healthy and active life.