

1**Don't wait till you're thirsty**

Thirst is one of the first signs of dehydration so if you wait until you get to that point, you have left it too long. Drink before you are thirsty.

2**Water is best**

With zero calories and no sugar, water is the healthiest thing you can drink.

3**Schedule**

Depending on what works for you, remember to drink on the hour, every hour or refill your bottle at breakfast, lunch, dinner and before bed.

4**Exercise**

When you sweat, you lose water that needs to be replaced! Make sure you drink before, during and after both low- and high-intensity exercise to replenish what's been lost.

Colour of your pee**5**

It's might be gross but if your pee is consistently dark yellow, it can be a sign that you haven't been drinking enough. Drink up to see a difference.

**Invest in a reusable bottle****6**

Not only is it good for the environment, but it's a great way to keep track of exactly how much you are drinking each day.

How much?**7**

As a general rule, we should each drink 6-8 glasses of fluid a day, but more if it's hot or you are exercising. Whilst water is best, this can include a combination of tea, coffee, squash or fruit juice.