

Tips to help you drink more water



Add fruit or herbs to flavour your water

Make water a little more enticing with some flavour!



Drink a glass after every bathroom break

Keep the healthy cycle going and stay hydrated!



Eat water-rich foods

Cucumber, watermelon and grapefruit are all over 90% water.

Add ice cubes to drinks

Plus it helps keep your drink cool.



Sip some water before every meal

We eat regularly so let's drink water regularly too.



Keep a jug of fresh water in the fridge

Save running the tap with some pre-chilled water.

Stay active and keep water nearby

You're more likely to drink water if it's easily accessible.



Get some reusable straws

Straws will help you drink more and drink faster.

Anytime you finish your glass or bottle, fill it back up

Make it a habit.



Drink a glass of water every time you're waiting for tea or coffee to brew

Kill time in a healthy way!

Aim to drink 2 litres of water a day

That's the recommended amount for an adult.



The water in you

It's impossible to overstate the importance of water to every form of life. It serves a wide range of essential functions to keep us all going.

Water is of major importance to all living things. Not only is water essential for healthy living, the majority of us are actually made of the stuff. In some organisms, up to 90% of their body weight comes from water, and around 65% of the human adult body is water. The brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even our bones are 31% water.



Each day humans must consume a certain amount of water to survive. Of course, this varies according to age and gender, and also by where someone lives. Generally, adults need at least 2 litres of water per day to stay properly hydrated. The recommended daily amount of water for children is 1 litre for 5 to 8-year-olds, 1.5 litres for 9 to 12-year-olds and 2 litres for 13+. All of the water a person needs does not have to come from drinking liquids, as some of this water is contained in the food we eat.

Water serves a number of essential functions to keep us all going. Water is a vital nutrient to the life of every cell, acting first as its building material. Water regulates our internal body temperature through sweating and respiration. The carbohydrates and proteins that our bodies use as food are metabolised and transported by water in the bloodstream.

Water plays an important part in flushing waste, mainly through urination, and the kidneys require adequate water intake to function properly. Water acts as a shock absorber for the brain, as well as the spinal cord and foetus when a woman is pregnant. Water helps us to form saliva, which is crucial when eating, and water helps to lubricate our joints and prevents inflammation.

The unique qualities and properties of water are what make it so important and basic to life. The cells in our bodies are full of water and use it as their main building blocks for generation and regeneration. The excellent ability of water to dissolve so many substances allows our cells to use valuable nutrients, minerals, and chemicals in biological processes. No less important is the ability of water to transport waste material out of our bodies.

“Generally, adults need at least 2 litres of water per day...”

It's impossible to overstate the importance of water to every form of life. We're made of it and we need to regularly consume it to keep our bodies operating well. Just by regularly drinking water, and aiming to consume at least two litres a day, we can help our bodies function at their best.

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