How to Start Optimally Hydrated (‘Eu-hydrated’)

Salhy PERSONAL HYDRATION TEST

Maintaining euhydration means keeping your body's water levels in balance - not too low, not too high. Here's how to do it every day, especially when you're active or working in the heat.

Daily Hydration Habits

1. Start Your Day with Water
Drink 1-2 glasses of water when you wake up. Your body loses fluid overnight - even if you don't sweat.

2. Sip Throughout the Day
Aim for regular intake. Don't wait until you're thirsty - it's a sign of dehydration.

3. Customise Your Intake:
General guidance for fluids: [1]

- Women: approx 2.7 litres/day
- Men: approx 3.7 litres/day
  (Note this includes all fluids and water-rich foods)

How much fluid do I need?

HYDRATION CALCULATOR:

Weight-Based Fluid Target:

- **30-40** ml per kg of body weight per day.[8,5]
- For example a 70 kg person needs approx 2.1-2.8 litres per day.

CALCULATION:
Your weight (kg) x 30 = amount of fluid (in mls) to consume daily

Remember to add to your daily total all sources of fluids, including any water-rich foods such as fruit.

DON’T FORGET ELECTROLYTES....

Sweating causes significant **sodium** and **potassium losses**. Replacing fluids with **electrolyte-enhanced drinks** improves rehydration - especially when sweat losses are high.

WHEN EXTRA HYDRATION MATTERS

Increase fluid intake when:

- Working in **hot / humid environments**
- Wearing **impermeable clothing** or **PPE**
- At **high altitude** or in **dry climates**
- Experiencing **illness**, especially fever or gastrointestinal upset
- Performing **long-duration** or **high-intensity activity**

Hydration When You Are Physically Active

BEFORE: Exercise or Work

- Drink 5-7 ml/kg body weight at least 4 hours before activity. [7, 5]
- E.g 1.5 - 2 cups for a 70kg person

CALCULATION:
Your weight (kg) x 5 = fluid (mls) to consume prior to exercise

DURING: Exercise or Activity

- Aim for **150-250** ml every **15-20 minutes** depending on sweat rate[5]
- For extended activity (>60 min), use **electrolyte**-containing fluids

AFTER: Exercise or Activity

Rehydration Strategy:

- Replace **125-150% of[4] fluid lost**, based on **body mass change**
- For example for every 1kg of body weight lost, **drink 1.25-1.5L** of fluid within the following 2-6 hours
- Include **electrolytes** (especially sodium) to help fluid retention and restore plasma volume.

References

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