



STAYING HYDRATED: THE SIMPLE WAY TO IMPROVING WORKPLACE HEALTH

One easy lifhack to being healthier at work is drinking more water; here are some tips for making sure you stay hydrated throughout the day.

Hydration is so important to everyday health, and for many people drinking more water is an easy way to make a lifestyle improvement. This is especially the case at work, when we tend to drink a lot of coffee, which actually dehydrates us by acting as a diuretic.

While a lot of people know they should drink more water, actually

doing it can be difficult. It's a good idea to aim for two litres per day, which might not seem like much but plenty of people struggle to manage this. So how can you make sure you're keeping yourself hydrated when you're working at your desk?

One method is to have all your water for the day in front of you. Fill up a two-litre bottle and take it to

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work with you. One of the major barriers to drinking enough water is having to get up and refill your glass, which is difficult to do at work when you're particularly busy. Having all your water in front of you eliminates this problem.

You can go one step further and mark the bottle at various intervals to make sure you are drinking regularly throughout the day. If your work day is eight hours, for example, use a permanent marker to divide your bottle into eighths. This way, you will be able to see how much of your water you should be getting through each hour, which will keep you at a good level of hydration throughout the day.

Another method of tracking your water consumption is to use a smartphone app. There are loads of different options, most of which are free, so you should be able to

find the right one for you. These can work out exactly how much water you should be drinking each day, and even send you notifications to remind you to refill your glass if you haven't tracked anything for a while.

A lot of the time, staying hydrated is simply a matter of getting into the right habits. Some people have found success by putting a sticker or post-it note on their coffee cup saying "water". All this does is reminds you to get a glass of water whenever you find yourself reaching for a coffee. It will help you get into the habit of staying hydrated while you're at work.

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