

Are you drinking enough?



Did you know that only drinking 2 glasses of fluid a day increases the chance of you getting a urine infection, headaches, constipation and you're more likely to fall?



Drinking five glasses / mugs a day reduces your risk. Drinks containing alcohol or caffeine don't count because they can dehydrate you.



Drinking eight or more glasses a day will help you stay well.
(unless you're recommended less by your GP)



Did you know that things like yogurt, jelly, fruit and ice lollies also count towards your target?

