

Health and Wellbeing Newsletter

15th July 2019

Stay hydrated



Did you know NHS Choices recommends 6 to 8 glasses of water a day to stay hydrated? During summer it is easy to become dehydrated. In fact, many people forget to drink at all when working, which can have a serious effect on your health. Keep reading for some easy tips to help you increase your water intake.

Add flavour to your water

You can add a little bit of excitement and flavour to your water by adding fresh fruit like strawberries or lemon, veggie slices, such as cucumber, and herbs like basil or mint. This will make drinking far more appetising.



Drink after every bathroom break

You'll already be getting up, which means it's a perfect time to stop by the water cooler or tap to fill up your bottle or glass.



Choose sparkling water over soda

Add a squeeze of lime juice, or low sugar fruit juice to sparkling water for a refreshing drink that takes just as good as high sugar sodas.



Sip water before every meal

Always forgetting to drink? Sip while you cook. If out at a restaurant, ask for water before ordering. And if you're waiting for your lunch to heat up or your toast to pop, drink water while waiting. Keep it up and over time drinking will become a habit.



Stick to a 1:1 rule when drinking alcohol

For every alcohol drink you have, drink one glass of water. This is a great way to stay hydrated. And may help you avoid a dehydration headache the next day.



Eat water-rich foods

One way to increase the amount of water you consume on a daily basis is to eat your H₂O. Some great options include cucumber (96% water), courgette (95% water), watermelon (92% water), and grapefruit (91% water).



If you finish your drink, fill it back up

If you make a rule that as soon as you finish a container you have to fill it back up again, you're more likely to drink more than if you let it sit empty for a few hours.



Drink water while your coffee is brewing

Don't stand around when waiting for your coffee to brew, have a glass of water and double up your intake of fluid.



Always carry a water bottle

Carry a water bottle everywhere you go for constant access. It's also a great reminder to have a drink when it's in reach and view all day.



Events, courses and campaigns

Newmarket Great Run Local



Great Run Local Newmarket is a beautifully scenic run with fantastic views of the Gallops, Newmarket and the surrounding countryside. The 5k route consists of one full loop of the outer gallops, whilst the 2k route is one complete route of the inner gallops. Both routes are suitable for all abilities and ages. The runs are free weekly events delivered by fantastic local organisers and volunteers.

Location: Warren Hill, Newmarket Date/ Time: Every Sunday at 11:15

Contact: newmarket@greatrunlocal.org Find our more: www.greatrunlocal.org

Keeeeeep Crafting



The new craft group will meet again on the 2nd August at 12:30-13:30 in the Garden Room at the Deakin Centre.

Everyone is welcome - please bring whatever craft you do with you (materials are not supplied). Feel free to drop by for as long as you can.

To sign up for notifications on future dates or if you have any queries please contact crafter [Lizzie Hart](#).

Health Checks



Free 30 minute NHS Health Checks are available for CUH staff aged between 40-74 years old. There is an eligibility criteria. To find out whether you are eligible please read the health check [information sheet](#). If you are eligible complete the [health check form](#) and email it to: ohschelp@addenbrookes.nhs.uk to book an appointment.

