THINK DRINK!

Adults are recommended to aim for 6-8 glasses of fluid a day. *How many have you had today?*

Aim for a drink at least every 2-3 hours to achieve this!

Did you know all fluids count? It doesn’t just have to be water... Why not try flavoured squash, tea, coffee, milk, milkshakes, smoothies, juices or even jelly, soups or ice lollies?