



## Tool box 5.

Hydration has many benefits beyond simply quenching your thirst. Warm days or cooler, your body loses fluids that need replenishing.

If we don't, we fatigue faster, and can even cramp. And it's not just physical fatigue, but mental fatigue too.

We can find it harder to concentrate and stay focused. Drinking water helps keep your brain, as well as your body working at its best.

So, keep a bottle handy and keep your fluids up all day, every day.

You can find plenty of stuff on nutrition, sleep, exercise and more on the Healthy Heads website and App.