



Stay hydrated

Your body is nearly two-thirds water so it's really important that you consume enough fluid to stay hydrated and healthy. If you don't get enough fluid you may feel tired, get headaches and not perform at your best. Water is a healthy and cheap choice for quenching your thirst at any time of day - it has no calories and is sugar-free.

Avoid dehydration and drink plenty of water!

Logon today at
www.asps.wellbeingzone.co.uk

Or create an account by clicking 'Register' and using the following code.

Organisation Code : **ASPS1**