

FROM THE EXPERTS IN ALL THINGS HYDRATION

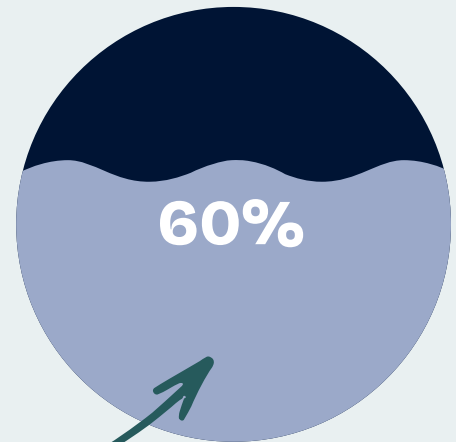
Zip Water's Ultimate Guide to Hydration



Zip®

Water is the elixir of life.

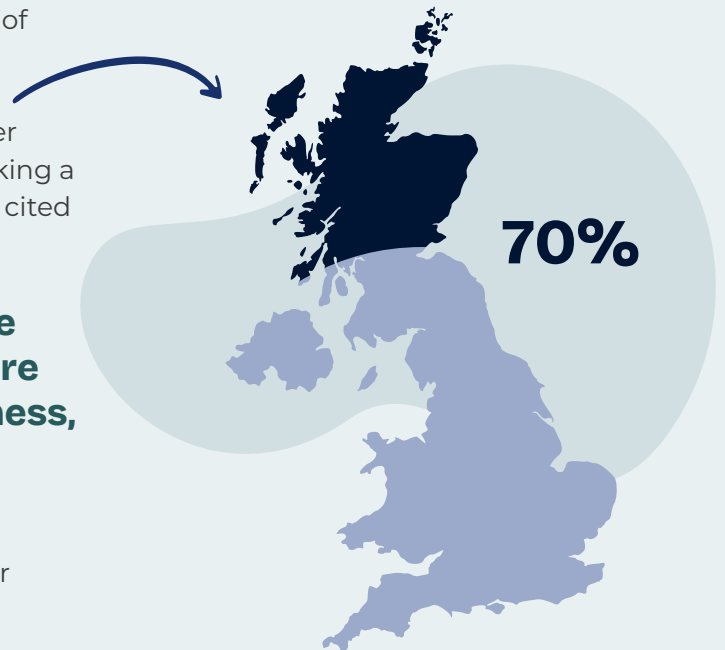
It's a phrase we've all heard. But, so often, we take water for granted; we turn on a tap and it's, well, there. Since our pre-human history, water has been a necessary element for existence. We're 60 per cent water, and organs like the brain and heart are 73 per cent water – so it's safe to say that we have an uncanny affinity with H₂O.



Consequently, dehydration can be a killer. It's serious, yes, but the remedy is ever so simple: drink water. But current research indicates we're not drinking enough.

The NHS recommends 1.9 litres or at least 6-8 glasses of water every day to maintain a healthy fluid balance.

Yet, according to a survey of 2,000 UK residents, 70 per cent of people often go 7 or more hours without drinking a glass of water. When asked why, two-thirds of people cited being 'too busy' during the working day.



As experts in all things hydration, we're on a mission to get people drinking more water – to improve their health, happiness, and sense of wellbeing.

In this guide, we'll cover all things H₂O, answer your frequently asked questions, and offer essential tips for keeping your workplace hydrated.

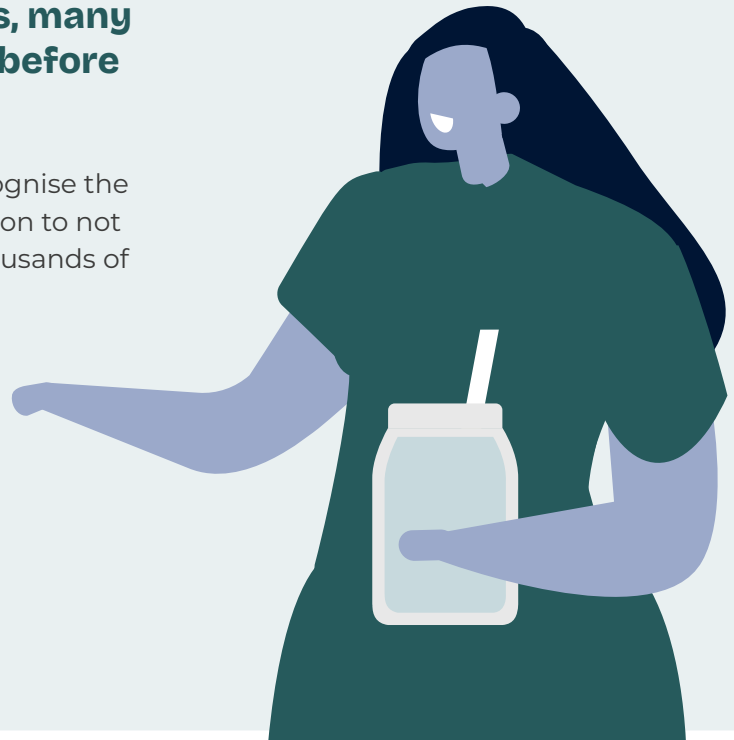


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What is dehydration?

While dehydration can be serious, many milder symptoms will set in first before anything extreme happens.

By learning about them, we can begin to recognise the beginnings of dehydration and take early action to not only improve our health but also facilitate thousands of bodily processes that rely on water.



So, what actually is dehydration?

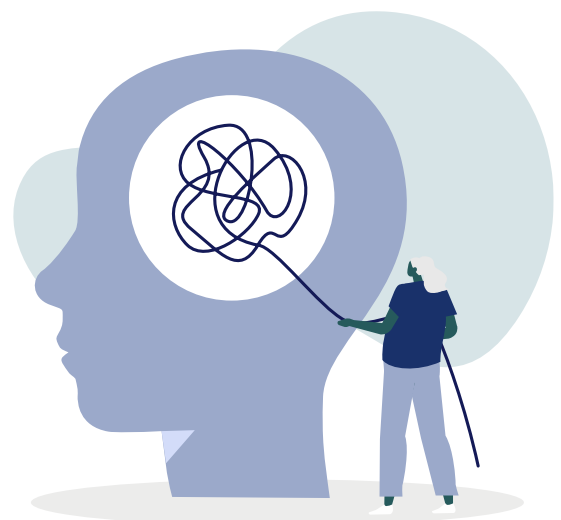
Dehydration occurs when the body loses more fluids than it takes in and, as a result, fails to function properly. As a species, we're reliant on water; and that means we're incredibly sensitive to acute changes in fluid levels and hydration.

A 1 per cent decrease in hydration will trigger the bodily sensation of thirst.

Mild dehydration elicits a number of symptoms. Specialised neurons (messenger cells that send important signals through the body) detect a negative shift in fluid balance and trigger a series of biological mechanisms to generate discomfort.

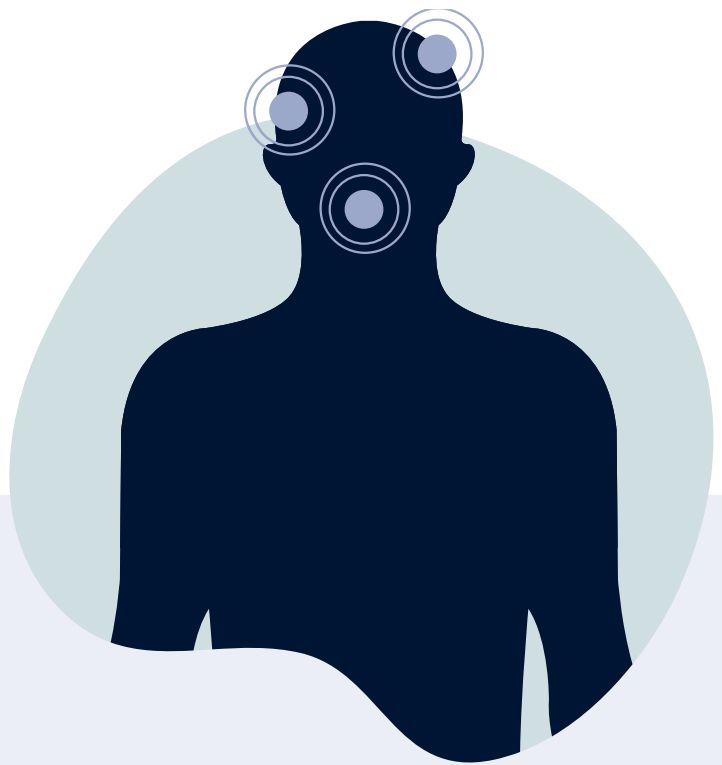
Although this makes it difficult to perform tasks, these uncomfortable feelings are meant to motivate us to consume water.

1%



Symptoms of dehydration:

- + Dry mouth, lips, and tongue
- + Headache
- + Dark yellow pee that has a strong smell
- + Peeing less often than normal
- + Sunken eyes
- + Loss of appetite
- + Nausea
- + Feeling dizzy, confused, or lightheaded
- + Fatigue or tiredness
- + Seizures or convulsions



Although everyone is susceptible to dehydration, it can occur more easily in some people due to individual factors like illness or environmental factors like activity levels.



Diabetes



Heatstroke



Vomiting



Diarrhoea



High Temperature



Too much alcohol



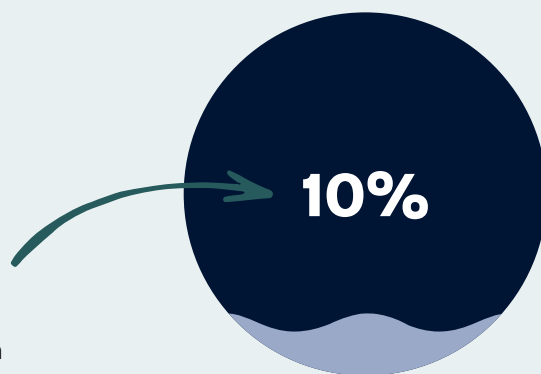
Excessive perspiration



Hot conditons

During challenging or athletic events, from a 100m sprint to a session of mixed martial arts, you can lose up to 10 per cent of your total body weight – just from sweating.

Some medications can also make you urinate more frequently, leading to a higher risk of experiencing dehydration. Elderly people are also more vulnerable to dehydration since, as we age, we experience reductions in renal function and the sensation of thirst.



How to tell if you're dehydrated.

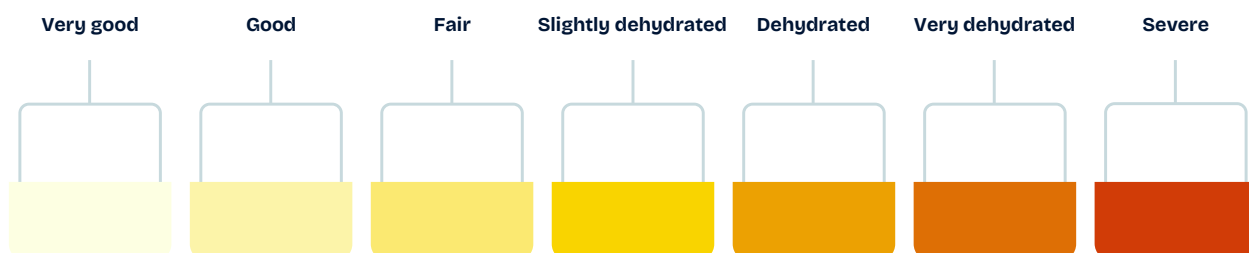
With any symptoms of dehydration, the first thing you should do is hydrate by drinking fluids. But how do you know if you've drunk enough?

Luckily, our bodies have a handy colour-coding system for the hydration scale - and, if you've not guessed already, yes it's your urine!

Use the guide below to approximately determine how hydrated you are:



Always aim to be within the 'healthy pee' range. This is strong evidence of a good hydration level. Whereas, if your pee is dark in colour, then you need to increase your fluid intake throughout the day.



Dehydration at work



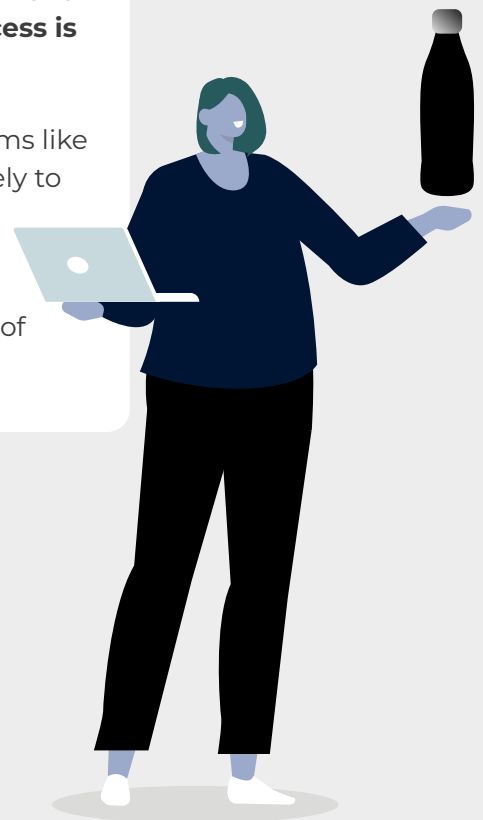
**7.3 hours
per day**

According to the Office for National Statistics, UK adults in full-time employment work 36.7 hours each week or 7.3 hours a day. That's a significant proportion of our lives.

Under the UK's Workplace (Health, Safety and Welfare) Regulations 1992, it's a legal requirement for workplaces to provide "an adequate supply of wholesome drinking water" for all employees at all times. The regulation also states water access is to be clearly signposted for health and safety reasons.

Nevertheless, dehydration is still a huge issue at work; symptoms like low mood and poor concentration mean workers are more likely to make mistakes and find focusing a challenge.

As such, it's important to reduce the chances of dehydration by encouraging your employees to drink the recommended 2 litres of water per day while at work. But how?



The benefits of water and hydration

As we've discussed, on a macro level, water is essential for all life; but, on a micro level, it's also necessary for a selection of bodily functions.

To begin with, water is the very first building material used when a cell is created. It's the foundation for all that's to come – and in that sense, it's the foundation of you.



HydroTap Classic Plus
in bright chrome

What are the
health benefits of

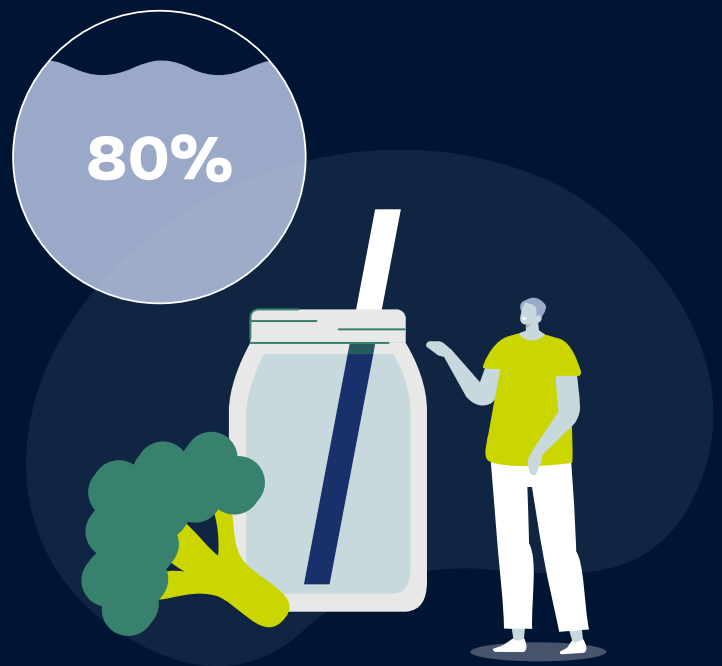
water?

Is water the only option for staying hydrated?

It's important to note that water improves hydration. Not just bottled mineral water or sparkling water or distilled water. Any kind of water will hydrate you, including tap water.

The main thing is that you're consuming water, in one form or another, little and often, throughout the day.

Not everyone enjoys the taste of tap water – or even bottled water for that matter. In the aforementioned Britvic study, just 22.85 per cent of people said they loved the taste of water, while 80 per cent said they would normally opt for an alternative drink.



Carbonated water

While still water might seem dull and lifeless, the injection of carbon dioxide can turn something ordinary into a refreshing drink that has a more pleasurable taste and mouthfeel.

Filtered water

In our recent taste test 92 per cent said they preferred the taste of filtered water, and 82 per cent said they'd likely drink more if they had access to filtered water.

Kombucha

Have you tried kombucha yet? The mildly fizzy, fermented drink has exploded in popularity over the last decade thanks to its potential probiotic, gut-friendly effect.

Sugar-free squash

By diluting water with different sugar-free cordials, you can transform a glass of water into a drink that sweeps you away to a beach far, far away.

Dairy or plant-based milk

Milk contains a plethora of nutrients – protein, B vitamins, iodine, and calcium, to name a few – and plant-based milk is a great non-dairy alternative.

Hot drinks

Since ageing leads to a decreased recognition of sensation, regular cups of tea aids hydration without necessarily feeling like you're drinking just for the sake of it.



Water rich foods

Did you know that cucumber is 96 per cent water? Eating foods with a high water content is a great way to not only improve hydration but also take in essential vitamins and fibre.

Celery



95%

Tomatoes



95%

Spinach



93%

Mushrooms



92%

Yellow melon



91%

Broccoli



90%

Oranges



86%

Apples



86%

Sprouts



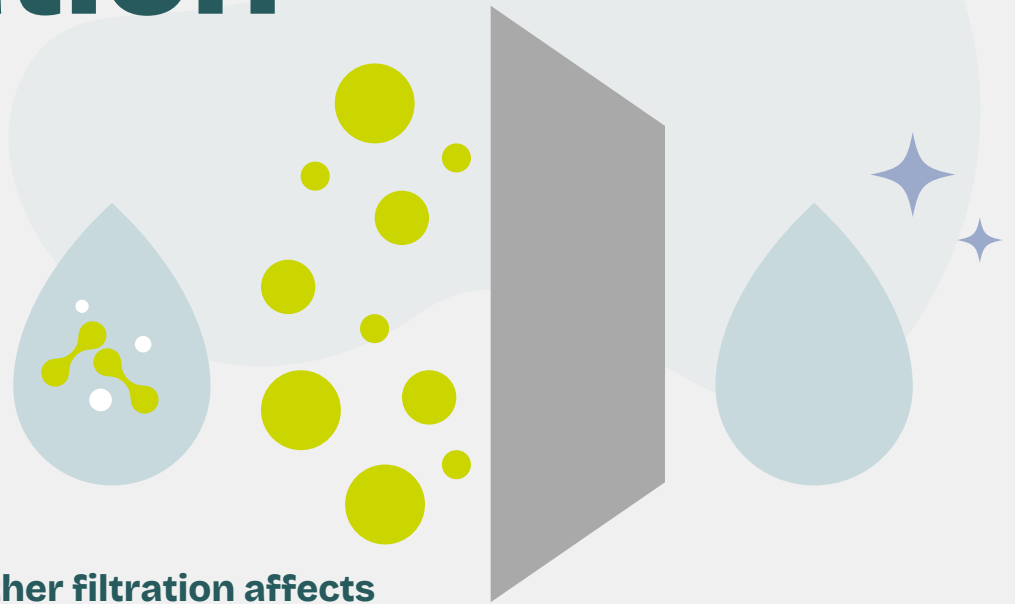
86%

Blueberries



85%

How water filtration affects hydration



People often ask whether filtration affects hydration. Perhaps it's because many find that filtered water tastes cleaner.

In our 0.2-micron MicroPurity filter systems, we combine carbon and sediment into one cartridge, which not only removes bacteria, microplastics, and contaminants from water but also up to 97 per cent of chlorine and 99.9 per cent of microbiological cysts.

By removing nasty contaminants, filtration systems give you better-tasting and smelling water.

So, does water filtration affect hydration? Yes... and no. It certainly does, but not in the way you might expect.

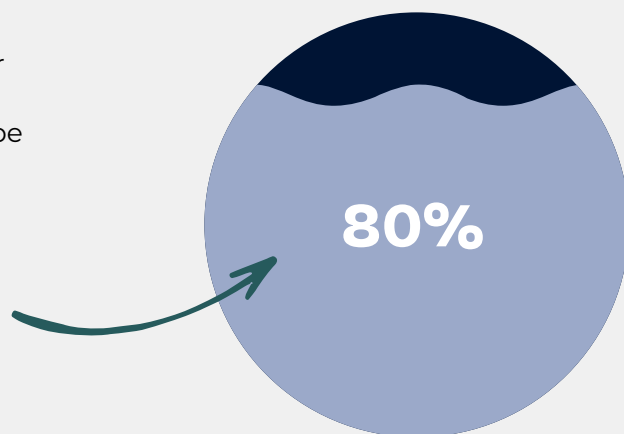
As mentioned earlier, water is water – whether it's a glass with ice and a slice of lemon or a bowl of blueberries, it still has a hydrating effect.

No, filtered water does not hydrate you more; however, how hydrated we are is determined by the amount of water we consume. And this is the key: tap water is not hydrating if we don't drink it; cucumber is not hydrating if we don't eat it.



The most important aspect of hydration, one can argue, is the palatability and accessibility of water – in whatever form it might be. If you are encouraged to drink more water because it tastes and smells better, then you will be less likely to suffer from dehydration.

When we spoke with customers that had installed a HydroTap equipped with our MicroPurity filter, 80 per cent said they were drinking more water after installing the tap than before.



Filtered water for hydration – a matter of taste?

United Hospitals Bath found itself in a difficult situation.

While temperatures continued to rise, their Medical Assessment Unit (MAU Ward) countertop water boiler kept packing up and, when it did work, often dispensed unpalatable water.

After installing a Zip filtering tap, the MAU Ward noticed a positive impact on its patients. “When it comes to supporting patients with high temperatures, cooling from the core can help to bring the temperature down,” explains Kevin Ferguson, Assistant Practitioner, MAU Ward.

NHS

“The hospital suffers from hard water... and the general feedback following installation is that water tastes better and we can see both patients and staff drinking more than they previously did. This increase in hydration levels is having a positive impact on the health of everyone.”

If workplace water tastes unpleasant, then it's safe to assume people will consume less water. If people consume less water, then risks of dehydration increase.

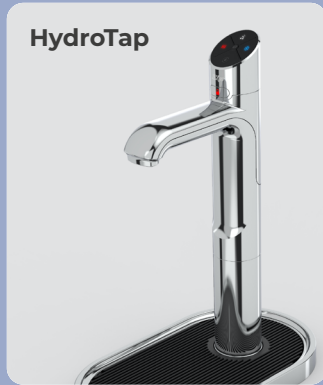
With filtered water, then, it appears to be a matter of taste.

Still have burning questions?

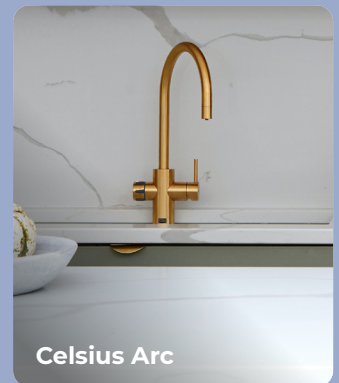
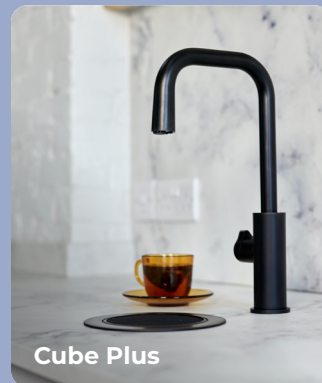
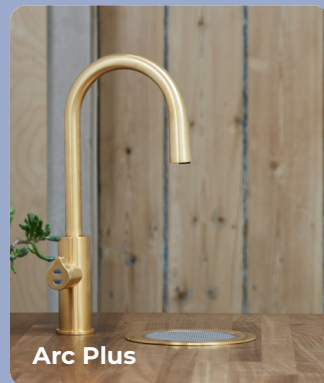
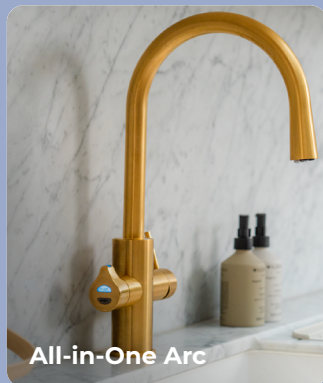
Head to our website to find out more and read our FAQs or read on to see our 5 top tips for hydration in the office.



Discover our hydration solutions for the workplace



Discover our HydroTap for home range



5 top tips for hydration in the office.

01

Ensure easy access to water across all departments

If something is hard to access – say, a packet of crisps inside a lockbox hidden at the back of a cupboard in the kitchen, which you would need a stepladder in order to reach – then we're less motivated to seek it out.

The effort involved doesn't justify the payoff. If you're trying to maximise the hydration – and therefore productivity and wellbeing – of your employees, water that takes effort can only be a bad thing.

If your office is split into several floors and water is only accessible in the ground floor kitchen, then, because they're further away, it might be that those on higher floors will be consistently less hydrated than those on the ground or first floor.

By ensuring that each department is equidistant to a water source, you're not only safeguarding against dehydration but also indicating that you're serious about the wellbeing of your workforce.



02

Offer a variety of beverages in the office

Building upon that, it's also important to offer multiple options for office workers – not just 'plain old water'.

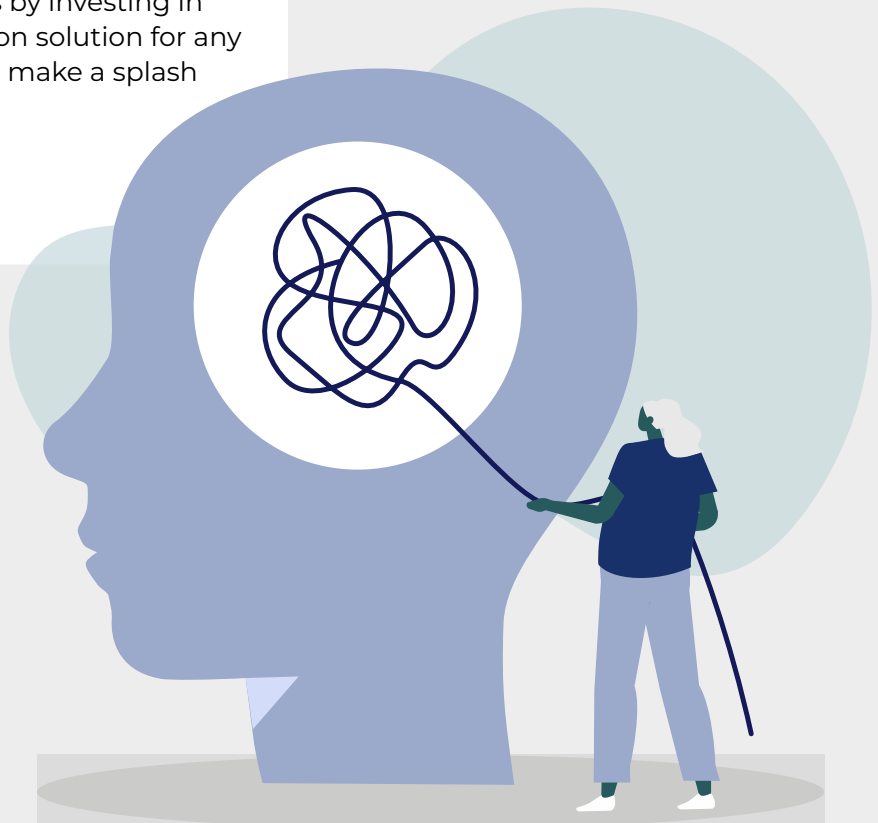
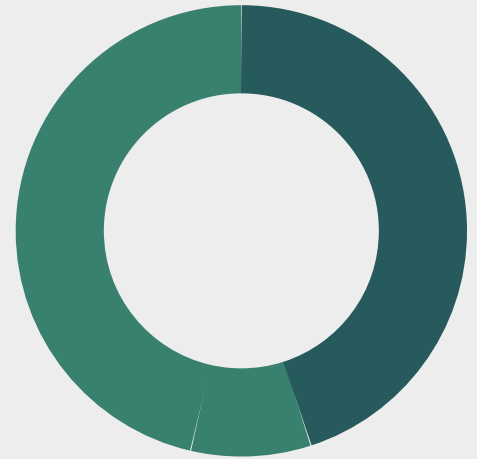
Although we think water can be a healthy, great-tasting, and refreshing drink, it can also be considered by some dull and flavourless. As a result, more people are drinking less than the recommended 8 glasses, which can have serious long-term effects.

The research agrees. One study found that, out of the 3397 individuals surveyed, approximately 7 per cent of respondents reported drinking no water daily, while nearly half said they drank less than 4 cups each day*.

The study also found that those who drank less water exhibited more unhealthy behaviours, including a lack of exercise and poor dietary choices, both of which we know can lead to obesity and negative long-term health conditions.

So what can be done? Make water fun! As we've since explained, it's not difficult to provide alternatives to water. One of the easiest ways to do so is by investing in HydroMe – the perfect all-in-one hydration solution for any workplace, and one that's guaranteed to make a splash with its touch of flavour water options.

*<https://www.cdc.gov/>





03

Promote and support mindful drinking and screen-free breaks

We've all been there. The sensation of thirst kicks in; our throat feels a bit dry; a headache is on the horizon. So it would make sense to go and get ourselves some water...

But we don't. We stay seated – the fountain is just too far away and we're tired or the project we're working on needs turning in by the end of the day and we're not even halfway through or we know the office coffee tastes like dirt.

Before we've thought too much about the ramifications of these micro-decisions that end up dictating the macro-reality of our bodily lives, dehydration begins to creep in. The report we've just handed in during a patch of brain fog has a typo on the first page...

Therefore it's good to actively encourage staff to take a break from their screens, rest their eyes for a moment, and have a dedicated period of time to sip a drink and reflect.

Incorporating mindfulness practices, whereby you drink slowly and with purpose, not only paying attention to all the bodily sensations that arise with the action but also expressing gratitude for the privilege, can also evoke feelings of peace and calm amidst our busy working lives.

By promoting this, employees won't feel like taking a break every now and then is a bad thing. Instead, it will leave them feeling more energised and, thanks to the power of mindfulness, less likely to suffer from mental health conditions such as anxiety and depression*, meaning less time off work.

*<https://www.ncbi.nlm.nih.gov>



04

Install instant filtered tap(s)

Installing one or several instant filtered taps over a font is an effective way to cover many bases when it comes to keeping your workplace well hydrated.

Depending on the model, these taps offer the convenience of filtered boiling, sparkling, and chilled water (as well as normal hot and cold) in one appliance.

As we've discussed, filtered water is considered by many individuals to be more palatable than normal, unfiltered water. Our work with the NHS has shown what a huge impact this can have on our daily water intake and, consequently, health.

On top of that, you have the added benefit of being able to offer staff accessibility to hot drinks like tea and coffee in an instant, making them more likely to take a brief break and stay on top of their hydration needs.

Sparkling water is a handy addition to be able to offer people, especially paired with a slice of lime or lemon. Yum.

By installing several taps throughout an office or workplace, you can effectively map out multiple hydration points to ensure adequate coverage and access to pure-tasting chilled water is available for all.



HydroTap
All-in-One Arc



HydroTap
Classic Plus

05

Provide new employees with a branded reusable water bottle

BYOB. It's an initialism we all know – bring your own... bottle? Why not buck the trend and tell your employees to BYOB, and more specifically, a reusable bottle to drink from in the office?

Better yet, supply each new starter with a reusable bottle that has your company's logo and name on it. That way, each time they pull it out of their bag to sip from on a busy train or café, you're not only helping employees stay hydrated outside of the office but also getting free advertising at the same time!

And not just in terms of brand recognition. When someone catches sight of the bottle, they'll also likely think: Wow, that's a really cool company to work for or with, I respect the fact that they take hydration and employee health seriously; I can see myself working for or with them in the future.

Furthermore, it's also a fantastic way to eliminate single-use plastics from your workplace, improving your company's sustainability credentials – another huge win from a branding perspective.

