

WATER: THE FOUNTAIN OF YOUTH

Happy Aging

DEHYDRATION IN THE OLDER GENERATIONS

Dehydration may affect up to:

30% of older adults

90% of hospitalized older patients

Dehydration is the most common fluid disorders among older persons.



HAPPY BRAIN THROUGHOUT LIFE

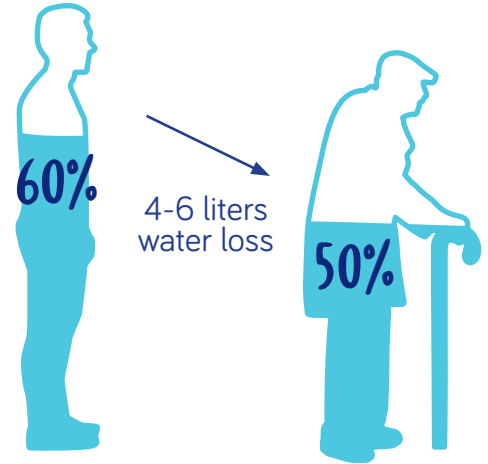
Dehydration leads to:

HAPPINESS
ALERTNESS
VIGOR



FATIGUE
HEADACHES

WHY DOES RISK OF DEHYDRATION INCREASE WITH AGE?



Body water decreases with age.

Reduced thirst sensation with age.

Aged kidneys are less able to retain water.

TIPS

1



NEED SOME PEP?

Use sparkling water, lemon or fresh herbs to vary the taste.

2



DO NOT TRUST THIRST!

Don't wait to be thirsty to have a little sip!

3



CREATE MOMENTS

Establish a daily routine to make sure you drink the recommended glasses of water throughout the day whatever your age.

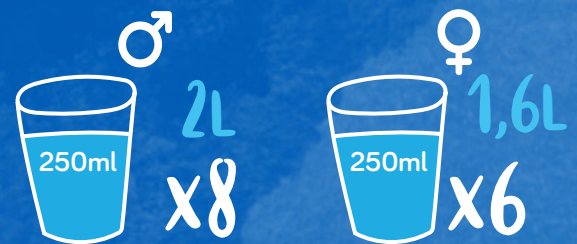
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VISUAL MEMO

To remember to drink, keep a glass of water in different places.

HOW MUCH TO DRINK?



Water is everywhere in our body. It's good for our brain, heart, kidneys, joints and muscles!

EMBRACE YOUTH, HAVE A GLASS OF WATER!



DANONE
NUTRICIA
RESEARCH

HYDRATION
FOR HEALTH