

Health benefits of drinking water

We hear a lot about what we should eat to stay healthy, but there's one thing we need even more than food each day - and that's water. Although we all know the importance of drinking enough water during the hot summer months, many people don't realise they need to drink plenty of water all year round. An easy way to get in your 2 litres of water per day is to drink water while at work!

Tea and coffee are okay in moderation, but larger amounts aren't good substitutes for water - both these drinks contain caffeine, which make your body lose fluid.

Did you know that the average 70kg adult body contains 35 to 45 litres of water? Almost 2/3rds of our body weight is "water weight":



- Blood is 83% water
- Muscles are 75% water
- The brain is 74% water
- Bone is 22% water

A steady dose of 8 glasses of water a day will:

- Improve Your Energy
- Increase Your Mental and Physical Performance
- Remove Toxins & Waste Products from your body
- Keep Skin Healthy and Glowing
- Help You Lose Weight
- Reduce Headaches and Dizziness
- Allow for Proper Digestion



Physical Work Environments

Often overlooked, an important employee benefit and motivator is that of the physical work space. Factors which can affect the atmosphere of a workplace include the location, design, amenities and the extent to which a workplace meets the needs and expectations of employees.



A recent study by the UK's *Management Today* magazine found that although 94% of employees surveyed saw the workplace as a symbol of how their employer valued them, only 39% felt their workplace had been designed with people in mind. Increasing amounts of research are pointing to workplace design directly

affecting organisational indicators such as employee satisfaction, retention and performance.

Workplace factors worth considering include:

- Access to natural light
- Free from temperature extremes
- Personalisation of workstations (photos etc.)
- Location – proximity transport, cafes, banks, parking
- Dress code

Welcome back!

As of Monday, August 13 Phillipa Gayler, our Administration Assistant, will be returning from travels in Europe, where she has been for 6 months. Pip and Shannon will be sharing admin duties from next week.

Do you have a question you would like answered? Let us know - your suggestions for topics are welcome.

If someone else in your business would be interested in People Matters let us know and we will forward a copy to them.

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