



your source of

well-being at work

The Danone Springs of Eden newsletter for the promotion of healthy habits at work

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Why is water so important?



FROM THE EXPERT

Dr. Nathalie Jacquelin-Ravel
Specialist in Micro-Nutrition,
Genolier, Switzerland

The average adult body consists of more than 65% water; and this water is essential for the body to function properly. There is no part of the body that doesn't depend on water: brain, heart, liver, kidneys, lungs, muscles, blood, skin, etc. all are water-dependant. Since the body continually loses water - 2.5 to 3 litres per day - through normal body functions, this water needs to be replaced

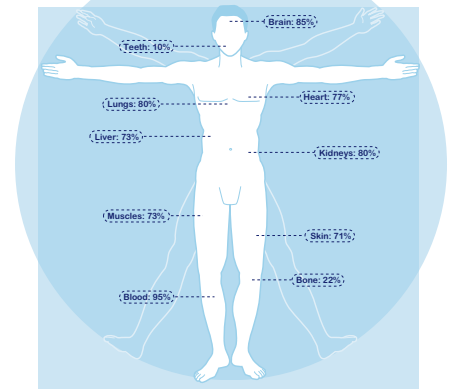
to keep the body healthy. Ironically, the sensation of thirst occurs only after the body has started to become dehydrated. For this reason it is very important to drink water often, without waiting to feel thirsty. By the time you begin to feel thirsty, the body is already dehydrated to a level of 0,8% to 2% of body weight.

Water & Mental Performance

In order to be efficient and productive at work the need to focus on what you are doing is obvious. Water is one of the most important tools to help you. The human brain is more than 85% water. When you are not properly hydrated

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WATER IN THE HUMAN BODY



Did you know...

...that the skin consists of **71% water?**

The skin of the average adult contains approximately 8 litres of water. When the body is dehydrated it draws water from the skin to compensate, causing dry skin and wrinkles.

Drinking water helps to keep the skin moisturized and prevent wrinkles.



Well-being at work: Meet me at the water cooler



FROM THE EXPERT

Clark Elliott, Environmental Designer
and Work Practice Consultant,
Clark Elliott Consulting

Drinking sufficient water is critical for our health and maintaining good performance on the job. Water coolers are one of the simplest and most cost-effective methods of ensuring that employees

have access to the water they need. For optimal benefits from the cooler; there are two approaches when it comes to finding the right place to put it. The first is the practical approach: studies show that people will drink more water when the cooler is visible and close at hand. On average, for every group of 10 employees there should be a cooler nearby that is easily accessible. Proximity plays a vital role in reminding people to drink water regularly.

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Well-being at work: Meet me at the water cooler

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The second method is the strategic approach. Organization development and business consultants all point to the benefits of maintaining direct human interactions when working in the Internet-age. Work modes today find many people travelling, and most of us rely on email and voice-mail. As a result, employees can feel cut-off from the organization and lose the benefits of spontaneous meetings and face-to-face communications. Office designers are putting increased emphasis on casual meeting areas that encourage people to stop and chat, exchange ideas, and collaborate face to face in an inviting, comfortable environment. The water cooler has become the focal point of such areas, fostering increased levels of collaboration in organizations.

By combining the practical and strategic methods, companies can optimize the benefits that the water cooler can bring to a company, improving the well-being of individual employees, and enhancing the company's productivity as a whole.

PRODUCTIVITY ENHANCERS

- Invite a colleague to meet you at the water cooler and solve an issue together.
- Create a spontaneous meeting in the lounge



- area with someone who often travels.
- Say "Hello" to someone you don't know. Meeting colleagues and exchanging ideas builds mutual understanding and increases cooperation across the organisation.
- Have an informal meeting with a well-known customer or partner in the lounge as an alternative to a meeting room.
- Encourage conversations by the water coolers with elbow height tables, small white boards and pads and pencils readily available to facilitate discussions.

TIPS

- Work with notebook PCs in lounge areas from time to time as an alternative to using office zones.
- Give yourself a professional pause that's a real productivity boost by drinking water and doing some quick exercises to refresh your body and your mind.
- Celebrate a business success with a get-together in the lounge area and contribute to building the company culture.

Why is water so important?

continued

your brain feels the effects, with headaches, poor concentration and reduced short-term memory. Even your ability to perform arithmetic and the rapidity of your psychomotor skills can be reduced. This is due to the fact that dehydration causes the level of energy production in the brain to decrease. Studies have shown that a person's ability to concentrate progressively declines when the body is subject to a water deficiency of just 1 to 2%.

Water & Physical Performance

Whether you are an aspiring athlete or have a physically demanding job, water is essential to your performance. The more active we are, the more water our body uses and the more water we need to replenish. Studies show that when the body is dehydrated as little as 1-2% physical performance declines, sapping your energy and making you feel tired. At 2% dehydration physical performance levels decrease 5-10%; at over 4% dehydration, physical performance levels decrease 20-40%.

To avoid drops in your physical and cognitive performance, remember the importance of drinking water throughout the day.

WHAT IS DEHYDRATION?

Dehydration is defined as a loss of body weight caused by fluid losses. There are 2 forms of dehydration:

- **Acute:** for example, as a result of intense or prolonged exercise or exposure to heat.
- **Chronic:** resulting from less than adequate daily water intake.

Dehydration as little as 1% causes decreased physical and mental performance.

COMING UP IN THE NEXT ISSUE

Stress Less

Advice from the experts on how to manage stress and keep your work life in balance.

Water Benefits

How drinking water can help reduce the risk of disease.

Well-being at Work

Publication Director: Mark Reimer. Editor: Dr. Nathalie Jacquelin-Ravel.
Contributor: Clark Elliott; Design & production: www.redcomunicacion.es
EDEN SPRINGS (Europe) S.A. - Chemin du Trési 9, CH-1028, Prévèrènges, Switzerland, Tel: +41 (0) 21 811 25 50 www.edensprings.com

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