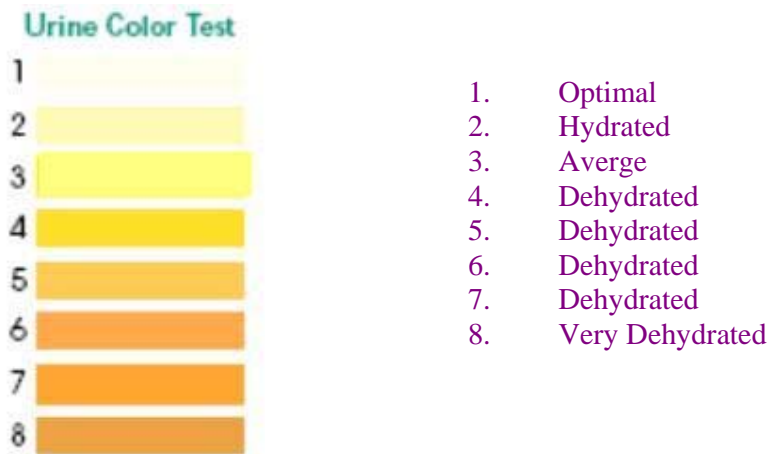


## Do the wee test

Do you drink enough water? Here is a simple test, next time you go to the loo before you flush, just have a quick look to see how hydrated you are and compare to the chart below.



### **Water Facts and Guidelines**

- The adult human body is approximately 55-75 percent water.
- How much water your body needs depends on age, sex and lean body mass.
- The rule to drinking water is about 4 cups for every 1,000 calories. Eight 8-ounce glasses a day for people who consume 2,000 calories per day.
- Without water the average adult could only survive 3 days.
- A 5 percent loss of body water will cause weakness.
- Water is lost through perspiration, lungs, body functions, urine, stool and air travel.
- Water loss impairs an athlete's performance, not salt or sodium loss.
- Fluids should be increased in the heat of the summer.
- Coffee, tea, soda and alcohol have a dehydrating effect and will decrease body fluids.

### **To Promote Increased Water Intake Daily:**

- Monitor what you pass as above
- Keep bottled water readily available
- Don't wait for thirst to be an indicator