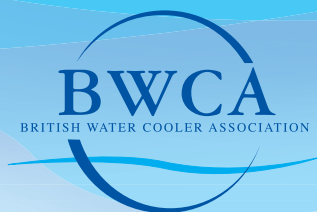


Take the

Hydration challenge!

Find out how
hydrated you
really are...



www.bwca.org.uk

Take the following 2 minute test, answering 8 simple questions to find out if you need to increase your intake of water.

1. Which is NOT a symptom of dehydration?

- Lack of concentration
- Nausea
- Tiredness
- Reduced strength

2. What is the clearest sign that a person lacks proper hydration?

- A dry mouth
- Excessive thirst
- Little/no urine output
- None of the above

3. Why does sweating make you thirsty?

- It reduces your blood volume
- It consumes energy
- It lowers your skin temperature
- It lowers blood sugar levels

4. On average, how many litres of water does a human expire (breathe out) in one day?

- 0.5 litres
- 1 litre
- 1.5 litres
- 2 litres

5. Roughly how much of your daily water intake should come from food?

- 10%
- 20%
- 30%
- 40%

6. Which organ controls the amount of water in your body?

- Liver
- Pancreas
- Kidney
- Brain

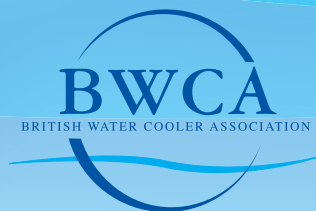
7. Put these in order of how much water it takes to MAKE them (from lowest to highest)

- A half pint of beer
- A small bottle of water
- A cup of coffee
- A glass of milk

8. What percentage of the earth's surface is covered by water?

- 61 %
- 71 %
- 81 %
- 91 %

Please print out, complete and fax back to 01923 397346, for the attention of The Secretariat, to see how hydrated you are.



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