

How can I tell if I'm hydrated?

The simplest test is to look at the colour of your pee!
Ideally, it should be a straw like colour (see the chart below).
And the more dehydrated we are, the darker it will become.



Your target is to make sure your pee is the same colour as numbers 1, 2, or 3.

Colours 4 and 5 suggest dehydration.

Colours 6, 7 and 8 indicate you're very dehydrated.

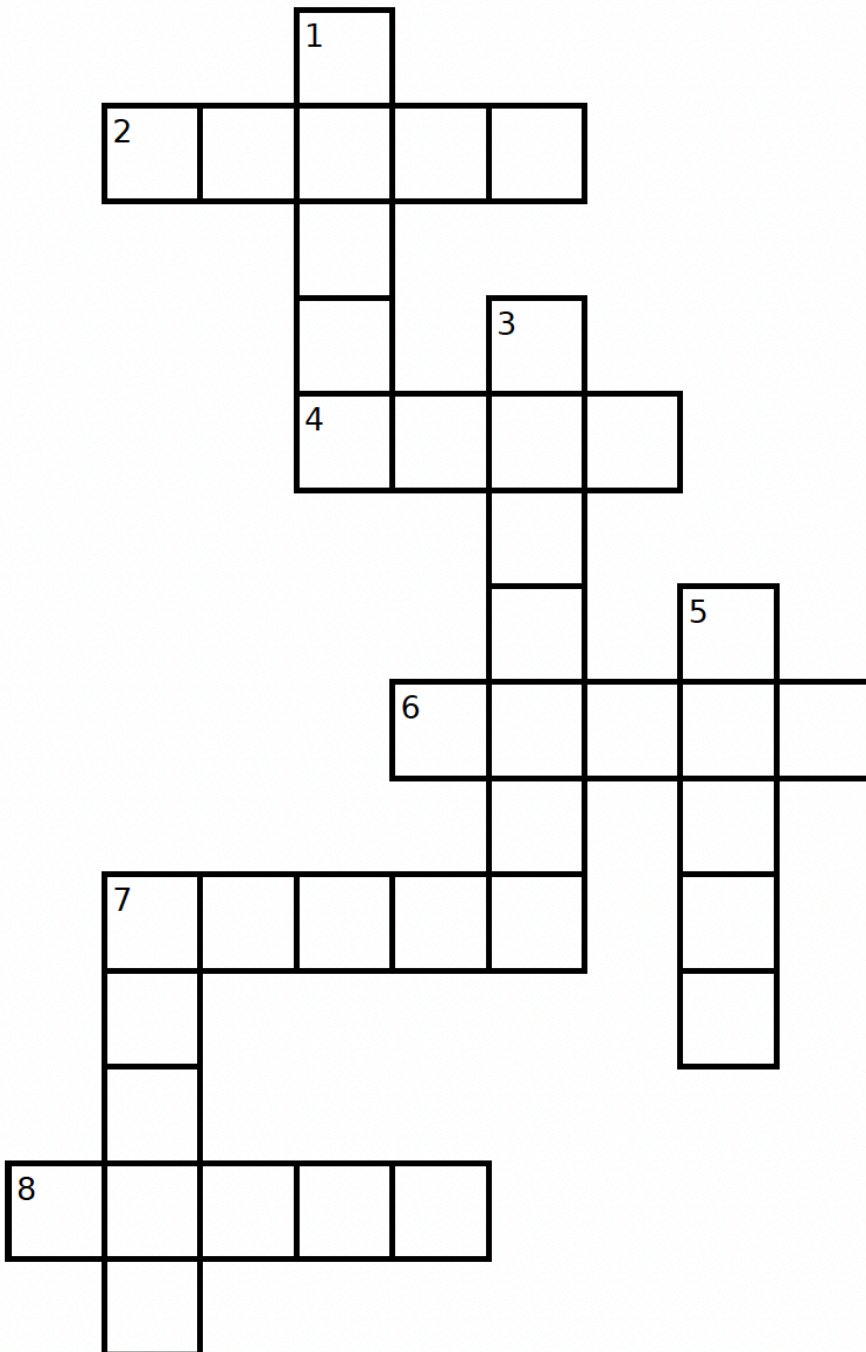


This chart should only be used as a guide and should not replace the advice of a health care professional. Speak to your doctor if you are concerned about your hydration levels.

How water works - crossword puzzle



Here's a short crossword to complete. All of the answers can be found by reading the information on the Sovereign Resource Hub about why hydration is key for our body to function and what can happen if our hydration levels are not maintained.



Clues

Down

- 1. 22%
- 3. 80%
- 5. 85%
- 7. 73%

Across

- 2. 95%
- 4. 70%
- 6. 77%
- 7. 85%
- 8. 50-75%



Don't forget to visit the Sovereign Resource Hub for more top tips and to watch the Hydrate and feel great! webinar.