



live life well.



TIP OF THE WEEK

Hydration Calculator



WATER.

Most experts agree that a good rule of thumb is to drink at least eight 8-ounce glasses of water a day. But each individual has unique water needs, depending on a number of factors, including weight and level of physical activity.

That's why IBWA has developed this Hydration Calculator. When you enter your weight and the number of minutes you will be exercising today, this handy tool will calculate a recommended water intake that is tailored to your individual needs. You'll also receive a schedule of the best times of day to fulfill your daily requirement.

IBWA • Hydration Calculator

Select Weight

1. Enter your weight, rounded to the nearest 5 pounds.

Select minutes

2. Enter the number of minutes you exercised today, rounded to the nearest 20 minutes.

3. Click on the **Calculate** button.

Calculate

4. Voila! See your personal recommended water intake and schedule.

To check out the Hydration calculator please go to:
<http://www.bottledwater.org/public/html/input1.html>

For additional tips from U.S. Department of Health and Human Services, please visit <http://www.healthfinder.gov/>