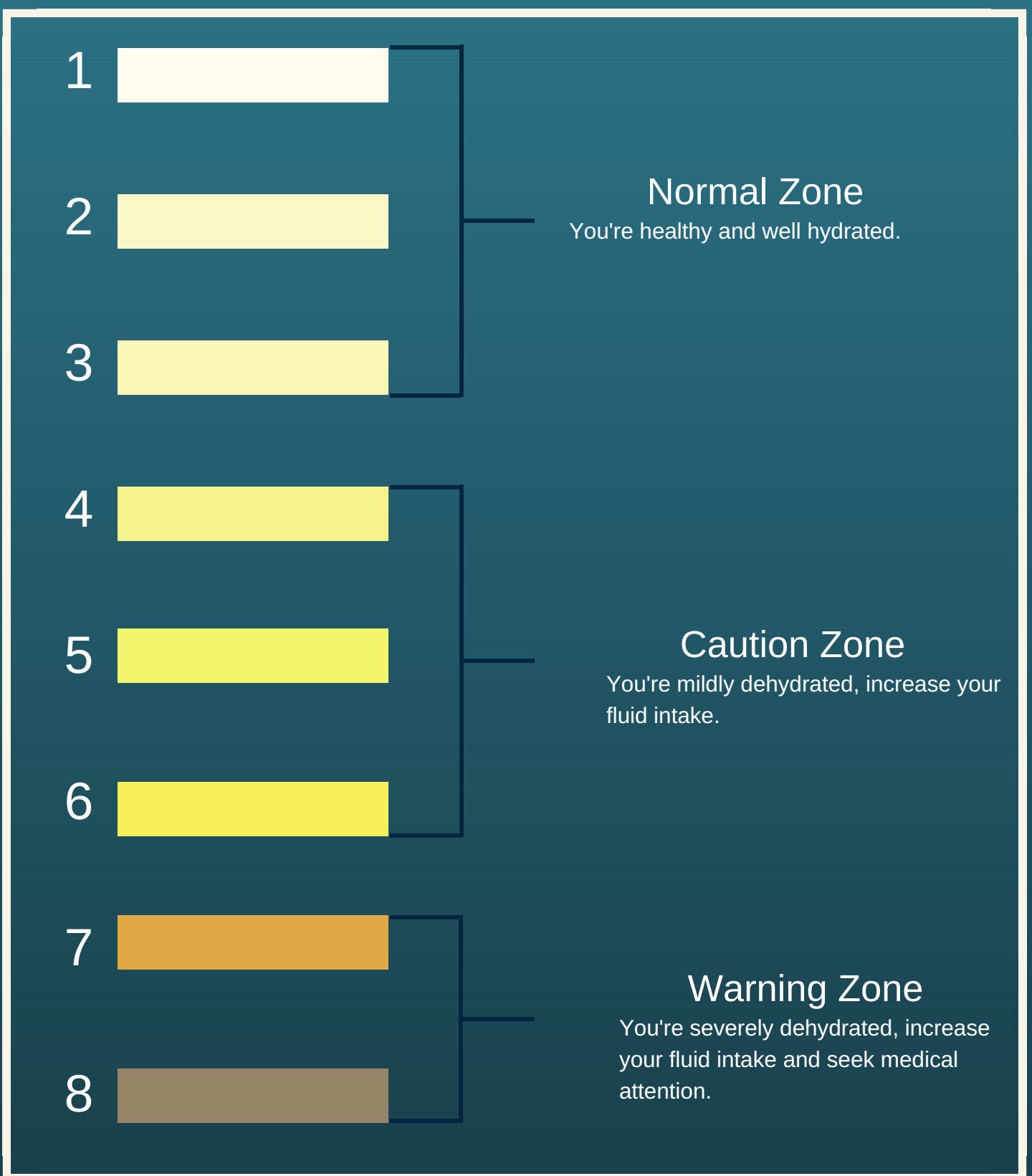


HYDRATION CHART

ROUGH & READY HYDRATION GUIDE

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Your urine may have a variety of colours, usually ranging from a light straw to a deep amber and the colour can alert you to your current state of hydration.
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Fluid requirements vary remarkably between people and the actual task at hand.

Fluid losses are affected by:

- **Genetics** - some people just sweat more than others
- **Body size** - larger people tend to sweat more than smaller people
- **Fitness** - fitter people sweat earlier in exercise and in larger volumes
- **Environment** - sweat losses are higher in hot, humid conditions
- **Work intensity** - sweat losses increase as work intensity increases
- **Lifestyle Factors** - diet, alcohol consumption

Each kilogram (kg) of weight lost is equivalent to approximately one litre (L) of fluid. During hot weather we should be drinking fluid constantly, even if we are not thirsty

This is a guide only. Seek medical advice if you are in the 7-8 range. Certain things may affect urine colour such as vitamins, diet etc. If in doubt seek medical attention.

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FOR MORE INFORMATION CALL 1300 79 70 30