

# thirsty?

Test your H<sub>2</sub>O knowledge - see if you're water-wise or just all wet!

- 1) How long can the average person survive without water?  
a) 14 days  b) 1 week c) 24 hours
- 2) All adults require the same daily water intake regardless of their body weight.  
a) True  b) False
- 3) Drinking which of these beverages will help satisfy your water needs?  
a) Diet soda b) Tomato juice  
 c) Flavored seltzer water
- 4) How often should you drink water during a workout or sports activity?  
a) Every hour  b) Every 15 minutes  
c) Every 30 minutes
- 5) Caffeinated beverages can cause dehydration.  
 a) True b) False
- 6) If you weigh yourself immediately after working out, you will have lost a pound of water weight equal to about:  
a) 5 fluid ounces b) 30 fluid ounces  
 c) 16 fluid ounces
- 7) If you don't feel thirsty it's safe to assume you are not dehydrated.  
a) True  b) False
- 8) In an adult body, water accounts for what percent of total body weight?  
a) 20 to 45  b) 55 to 75 c) 30 to 50

answers on back cover