

What does my score mean?

Compare your scores with the table below.

Analysis	Men (over 18)	Women (over 18)
Low	< 50%	< 45%
Healthy	50% - 65 %	45% - 60%
High	> 65 %	> 60%

Table: Body water percentage ranges

What is total body water percentage?

Total body water percentage (TBW%) is the total amount of fluid in the body expressed as a percentage of your total body weight.

Your body needs water for a wide variety of reasons including transportation of nutrients around the body and for waste products carried out of the body in the form of urine. It also allows organs to function, regulates body temperature, aids digestion and helps our muscles to contract and relax. Being well hydrated will help concentration levels, performance and general wellbeing.

The average TBW% ranges for a healthy adult are:
Females – 45 to 60%, Males – 50 to 65%

How much Total Body Water % is enough?

In countries like the United Kingdom we need to drink about 1.2 litres per day; this represents approximately 6 to 8 standard glasses.

Dehydration can occur by not drinking enough fluid or by losing more fluid than you take in. The severity of dehydration can often depend on a number of factors, such as climate, level of physical activity, diet and illness. It can also occur as a result of drinking too much alcohol.

Are all drinks the same?

Many drinks such as coffee, tea and cola contain caffeine which can lead to increased visits to the toilet, so inevitably it will not be as effective at hydrating as other drinks. Try not to have too many of these and/or balance with drinks that don't include caffeine. Try to check the sugar content of your drinks and choose sugar free versions where possible.

Alcohol

Alcohol is also a diuretic (meaning it removes fluids from the body).

- To avoid dehydration try not to drink on an empty stomach. Have a meal beforehand that includes carbohydrates and



healthier fats. The food will help to slow down the body's absorption of alcohol.

- Drink water or non-fizzy soft drinks in between each alcoholic drink.
- Avoid carbonated (fizzy) drinks as they speed up the absorption of alcohol into your system.
- Lastly drink a pint or so of water before you go to sleep and keep a glass of water by the bed to sip if you wake up during the night.



Can I really drink too much water?

Drinking too much water can lead to a condition known as water intoxication. It is most commonly seen in infants under the age of 6 months and sometimes in athletes. The kidneys of a healthy adult can process 15 litres of water a day so you are unlikely to suffer from water intoxication, even if you drink a lot of water, as long as you drink it over time as opposed to drinking an enormous volume at one time.

How to improve your hydration

- Drinking regularly throughout the day is the best way to keep well-hydrated. This is because our bodies can't store extra water.
- Start the day with a cup of hot water and a good squeeze of fresh lemon. This will give your digestive system a real boost.
- Create a daily routine i.e. drink a glass after breakfast, one before lunch etc.
- Instead of caffeine and alcohol, drink water or diluted juice.
- Throughout the day have water constantly available. Keep a water bottle on your desk so you can top up your glass and carry a bottle of water with you when you are on the go.
- If you are cold, drink warm water or herbal teas instead of coffee or tea which can dehydrate you.
- Have a glass of water to go with your coffee/tea.
- Drink a glass of water before and during meals.
- Don't forget to eat plenty of fruit and vegetables as these have a high water content and will contribute to your daily intake.
- Keep a daily record of how many glasses of water you drink per day. Try to reach 8 glasses.