

QUICK QUIZ

Are You A Water Whiz? Try This H₂O Quiz

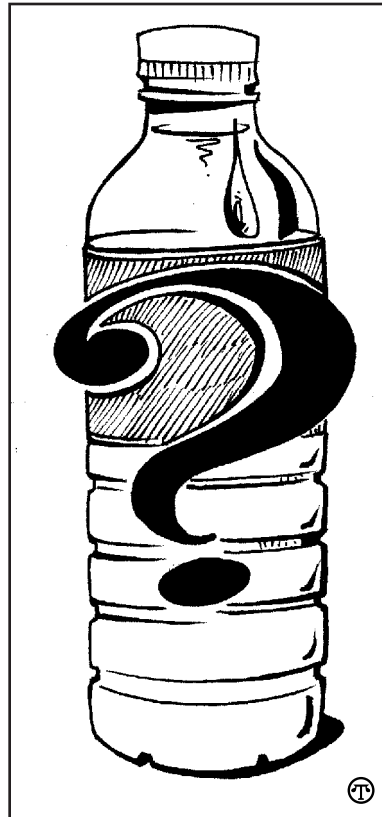
(NAPSA)—Health and nutrition experts recommend drinking eight or more eight-ounce servings of water—that's just four half-liter bottles—each day. Meanwhile, nearly three-quarters of Americans know they need to “drink up” when it comes to water, but only 34 percent actually get the recommended amount each day.

What about you? Are you getting your fill? Have fun testing your water knowledge with this quiz from Dannon Natural Spring Water:

1. How much of the body is made up of water? a. $\frac{1}{3}$; b. $\frac{1}{2}$; c. $\frac{2}{3}$.
2. About how much water does your body lose each day? a. 1-2 pints; b. 2-3 quarts; c. more than a gallon.
3. True or false? You should wait until you're thirsty to drink water.
4. How much water should you drink following a workout? a. the same as usual; b. an extra cup per pound lost; c. an extra two cups per pound lost.
5. True or false? Women who are pregnant or nursing should drink at least 10 servings of water a day.
6. Beverages containing which of the following are considered diuretics, causing the body to lose water? a. alcohol; b. caffeine; c. sugar.
7. What federal agency regulates bottled water? a. Food and Drug Administration; b. U.S. Geological Survey; c. Health and Human Services.

Answers

1. c. 2. b. 3. False. If you're thirsty, you're already dehydrated. Plus, in warm weather, or when you're highly active, you need to drink even more water—adapt your intake to your physical activity and surroundings. 4. c. 5. True.



Are you getting enough water every day?

The extra water helps maintain fluid balance. 6. a and b. 7. a.

To make drinking water as convenient as possible, consider carrying a bottle of Dannon Natural Spring Water with you in the car or keep one in your desk at work. Take a refreshing bottled-water break instead of a coffee break.

To learn more about the benefits of drinking sufficient water and find health-related water tips, check the labels of Dannon Natural Spring Water. You can also find additional hydration information at www.dannonwater.com.