

Water Cooler Supplier Eden Springs Launches Online Hydration Calculator



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Eden Springs, the UK's leading [water cooler supplier](#), have just released a new hydration calculator that enables people to work out how much water they should be drinking. This online tool calculates your optimum daily water intake by taking into account a person's gender, age, weight and exercise routine. The [hydration calculator](#) is available in the services section of the Eden Springs website.

A screenshot of the Eden Springs hydration calculator interface. It is a light blue rounded rectangle with four steps. Step 1: GENDER, with radio buttons for 'male' (checked) and 'female'. Step 2: AGE [yr], with a text input field containing '18' and a vertical spinner. Step 3: WEIGHT [kg], with a text input field containing '45', a vertical spinner, and radio buttons for 'kg' (checked) and 'Lbs'. Step 4: TIME SPENT ON EXERCISE PER DAY, with radio buttons for 'none' (checked), '20 min.', '40 min.', and '60 min.'. At the bottom is a blue 'CALCULATE' button.

It is commonly accepted that we all require a certain amount of water to maintain optimum health, energy and concentration. It is also reported that most people fall short of this daily requirement. What is less understood is exactly how much water we need.

Everyone is familiar with the '8 glasses a day' or "7 glasses per day" arguments, but these rumours often understate our true requirements and don't take into account the differences in a person's age, weight and lifestyle. On the flip side, drinking too much water is not ideal either so it's important for an individual to learn about their own requirements with some level of accuracy.

Damien Higgins, Marketing Manager at Eden Springs says "Eden Springs have released this calculator to give existing customers and website visitors a way of working out how many glasses of water they might need and it's a reminder to us all that we should be refilling our glasses as we go about our day."



"We've also just released a new range of low cost bottled [water cooler rental](#) plans, and this calculator helps people to work out how many bottles of water they might need each month for their home or office. Of course, we can also deliver additional bottles to their doorstep at short notice if they find they're running short."

The hydration calculator is a continuation of Eden Springs 'Well-Being at Work' philosophy, which encourages the consumption of water in the workplace to improve health, energy, focus and concentration.

Editors Notes

Eden Springs is a recognised European brand and the leading supplier of bottled and plumbed-in water coolers in the UK. Based in Glasgow, they supply and service 130,000 water coolers held by more than 80,000 customers across the country. To learn more about Eden Springs, or to view a complete range of water coolers, please visit EdenSprings.co.uk

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