

HYDRATE. SWEAT. REPEAT.

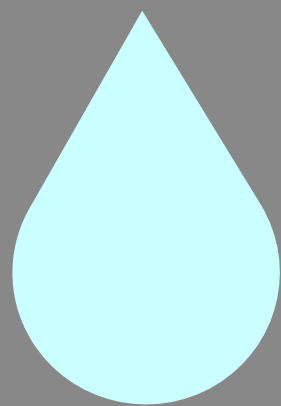
IMPORTANT FACTS

DEHYDRATION

Impairs athletic performance and recovery

THIRSTY?

Your body is already dehydrated!



SIGNS TO LOOK FOR

- Fatigue
- Soreness
- Muscle cramps
- Headaches
- Difficulty concentrating



PRACTICAL TIPS

HYDRATE STRATEGICALLY

Spread water consumption over the course of the day!

PRE and POST ACTIVITY

BEFORE: 1 water bottle (16 oz)

AFTER: 1 - 1.5 water bottle for every pound lost



FLUIDS: Water, Chocolate Milk, Coconut Water, Soups

FRUITS: Watermelon, Banana, Apples, Oranges

VEGGIES: Cucumbers, Carrots, Celery

HYDRATION RECOMMENDATIONS



For optimal hydration, urine should be clear or light yellow

Keep a reusable water bottle with you and place it within eyesight as a reminder to rehydrate

Avoid energy drinks, pre-workout mixes, and excessive caffeine

TOMORROW'S HYDRATION BEGINS TODAY