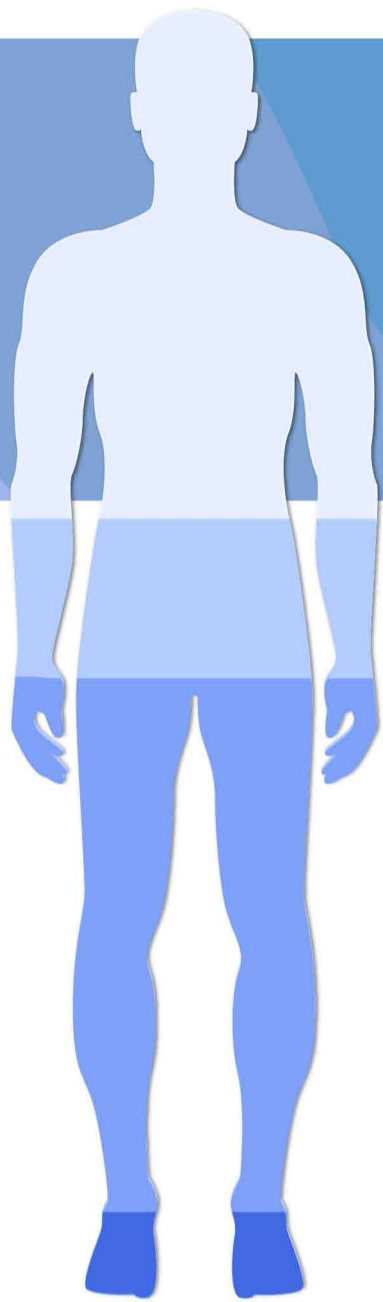




THE IMPORTANCE OF Hydration

FACTS AND TIPS FOR STAYING HYDRATED



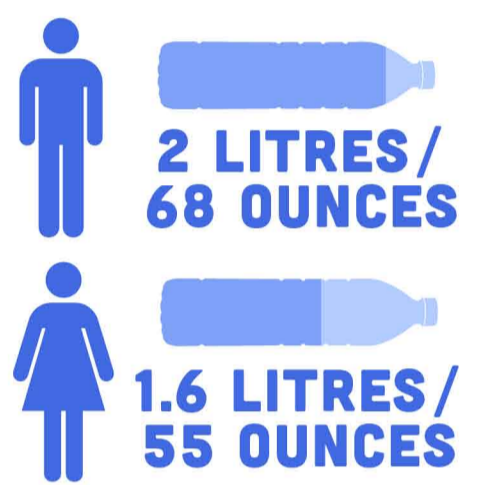
FACT

IF YOU FEEL THIRSTY YOU ARE ALREADY DEHYDRATED. STAYING HYDRATED HAS MULTIPLE BENEFITS, INCLUDING ENERGY, IMPROVED DIGESTION, HELP FIGHT AGAINST UTIS, AND REDUCE DRY SKIN.

THE BODY IS MADE UP OF APPROXIMATELY 2/3'S WATER.

- BLOOD = 93%
- MUSCLE = 73%
- BODY FAT = 10%

RECOMMENDED WATER INTAKE (PER DAY)



INCREASE TOTALS BASED ON HEAT, SWEAT, ACTIVITY

SOURCES OF WATER FOR DAILY HYDRATION



SPORTS DRINKS

- CARBOHYDRATES FOR ENERGY
- SODIUM AND POTASSIUM TO REPLACE LOST MINERALS FROM SWEAT

FOOD



LETTUCE = 96% WATER



BROCCOLI = 89% WATER



TOMATO = 95% WATER



OATMEAL = 84% WATER

TIP

HYDRATE BEFORE, DURING, AND AFTER EXERCISE OR PHYSICAL ACTIVITY TO AVOID DEHYDRATION.

SYMPTOMS OF DEHYDRATION



MUSCLE CRAMPS



HEADACHE



THIRST



TIREDNESS



CHILLS



DIZZINESS



NAUSEA

FACT



THE BODY PRODUCES APPROXIMATELY 2 CUPS OF WATER PER DAY (8 OZ / 250 ML)