



Why stay hydrated?

Hydrate



Hydration is not just important for exercising, it is important for everyday health.

Heart



The heart doesn't have to work as hard to pump blood into your body when hydrated.

Heat



Being hydrated helps combat things from headaches and swollen feet to heat related illnesses.

Food



Sources of hydration are both food and water. 20% of daily hydration comes from the food we eat

Tracking



How to tell if your hydrated- urine color
-dark = dehydrated
-pale/clear = hydrated
track your daily water consumption

