

STAY HEALTHY STAY HYDRATED

WHAT IS HYDRATION?

The state of having adequate water in the body, which is essential for physiological functioning

TOTAL BODY IMPACT

Make sure to know the common signs of dehydration:



Headache



Dark, strong smelling urine



Infrequent urine



Vomiting



Dry skin



Cramping

According to a study from the National Library of Medicine, proper hydration improves performance, injury prevention, and recovery.



- Regulate body temp
- Support muscle function

- Nutrients transportation
- Joint lubrication

- Toxin removal
- Reduce inflammation

SIP TOWARD SUCCESS

**WATER INTAKE = 50%
OF YOUR BODY
WEIGHT IN OUNCES**



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