

HYDRATE TO PERFORM

DEHYDRATION AFFECTS
PERFORMANCE BEFORE
YOU EVEN FEEL THIRSTY!

DRINK WATER ALL
DAY, NOT JUST AT
PRACTICE!

Sports Drinks can be great! But often times they're filled with sugar. Aim to only have sports drinks during long training sessions or games. (That means 60 minutes or more!)



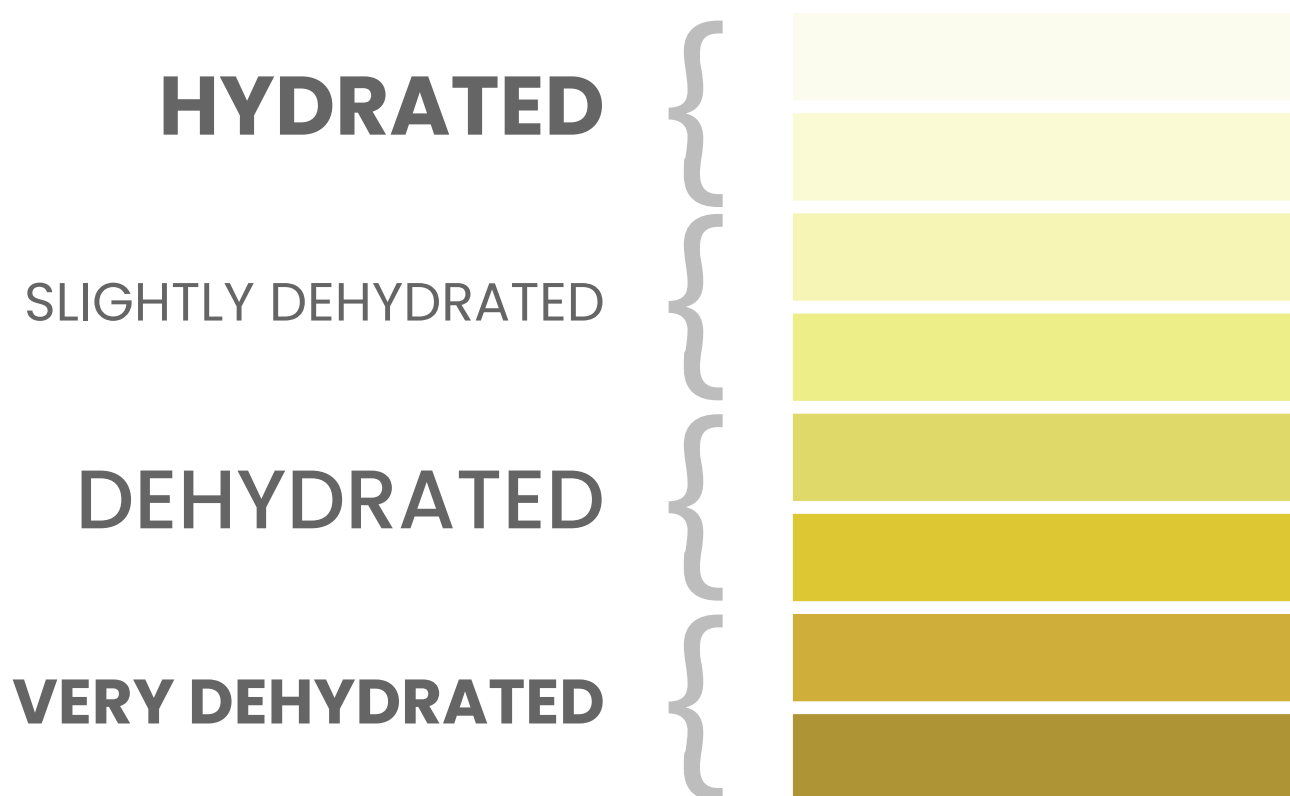
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HOW DO I KNOW IF I AM **HYDRATED?**



When it comes to judging whether or not you are hydrated, one of the best ways to tell is by looking at the color of your urine. You can use the chart above as a comparison to judge your own hydration levels.



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