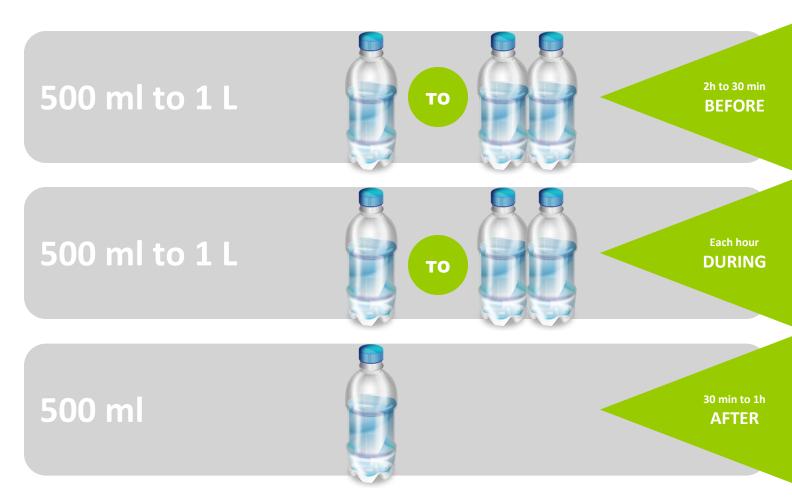
DITCHING DEHYDRATION!

Why is Water so Important?

Drinking enough water is just as important as eating for **maintaining high energy levels**. It also helps to cool you down when you get hot!



Drink BEFORE, DURING and AFTER exercise!



Drinking Enough for More Fun!

Athletes not getting enough water may get...

- 1. Headaches or Difficulty Concentrating
- 2. Muscular Cramps
- 3. Nausea
- 4. Heart Problems
- 5. Extreme Fatigue



Water... or Sports Drinks?

Sports drinks are designed for **professional athletes** training several hours each day, not for everyone!

On days when you exercise for more than 1 ½ hour or in very hot temperatures, try this **homemade hydration solution**:

Sports Drinks

1/2 Water + 1/2 100% Pure Orange Juice + Pinch of Salt

Say NO to Energy Drinks!

Rather than giving you a boost of vitality, energy drinks will...

INCREASE

Dehydratation + Muscle Cramps

DECREASE

Strength + Performance

Before having energy drinks, ask yourself if you...

- Get enough sleep?
- Drink enough water?
- Eat your healthy snacks?
- Are active everyday?

Energy Drinks