IMPORTANCE OF HYDRATION

Why important?
• Assists in digestion
• Maintains temperature control
• Removes waste products
• Lubricates joints, organs, and tissues
• Reduces risk of falls, and lowers rate of heart disease

Quick and Easy Indicator - What is the color of your urine? The more pale the more hydrated you are.

Recommendations
• Small amounts consistently throughout the day
• 5 or more 8 oz. glasses per day

Workouts & Hydration
• Varys individually
• Pendent on how much you sweat
• Drink before, during and after your workout