

H₂-KNOW

It is important to stay hydrated for performance and recovery. A 2% decrease in body weight due to dehydration can impact performance and increase risk of injury.



DRINK FLUIDS THAT ARE HIGH IN ELECTROLYTES DURING HIGH-INTENSITY OR LONG WORKOUTS



DRINK HALF OF YOUR BODY WEIGHT IN OUNCES OF WATER PER DAY



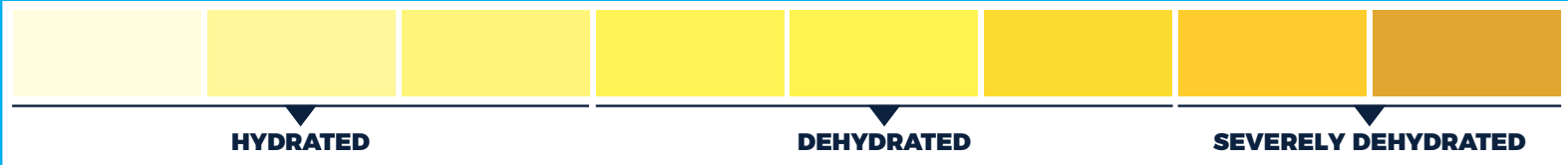
MONITOR YOUR URINE COLOR



SIP ON WATER IN BETWEEN MEALS



URINE COLOR HYDRATION CHART



DEHYDRATION SYMPTOMS

EXTREME THIRST	DRY MOUTH	LOW URINE OUTPUT	MUSCLE CRAMPS	FATIGUE	HEADACHES	CONFUSION	IRRITABILITY
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