



HYDRATION STATION!

*Stay hydrated so that
you can perform at your
best!*

Benefits of hydration:

- Body temperature regulation
- Transports nutrients throughout your body
- Mental clarity
- Maintaining healthy skin and joints
- Prevents constipation

TIPS FOR HYDRATION

Choose water first

Carry a reusable water bottle with you – keep it full and sip it throughout the day

Include water rich foods in your diet

Hydrating foods:

Watermelon

Cucumber

Tomatoes

Oranges

Strawberries

Grapefruit

