

Hydration

Dehydration has a negative effect on...

Focus & concentration



Risk of illness & injury

Immune function

Poorer digestion & nutrient absorption



The Hydration Checklist

- ✓ Sip on water throughout the day (keeping urine colour between 1-3 on urine colour chart)
- ✓ Eat foods with a high water content - fruit & vegetables
- ✓ Rehydrate as soon as possible after waking up

URINE COLOUR CHART



Buy a bottle you like and keep it with you!

