Importance of Hydration

Symptoms of Dehydration:
- Thirst
- Dizziness
- Confusion
- Fatigue
- Dry skin/mouth
- Less-frequent urination
- Increased heart rate

Tips to Hydrate:
1. Drink at least 64 ounces of fluid per day
2. Minimize the caffeine
3. Avoid alcohol and sugary beverages
4. Whether you are thirsty or not, drink water before, during and after exercising

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