



Importance of _____ **HYDRATION**

SYMPTOMS OF DEHYDRATION:

- THIRST
- DIZZINESS
- CONFUSION
- FATIGUE
- DRY SKIN/MOUTH
- LESS-FREQUENT URINATION
- INCREASED HEART RATE

Tips to **hydrate**

DRINK AT LEAST 64 OUNCES OF FLUID PER DAY

MINIMIZE THE CAFFEINE

AVOID ALCOHOL AND SUGARY BEVERAGES

WHETHER YOU ARE THIRSTY OR NOT, DRINK WATER BEFORE, DURING AND AFTER EXERCISING

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