

# Proper Hydration

- Signs of Dehydration: dry mouth, thirst, fatigue, headaches, dizziness
- Aim to drink 64 oz. of water every day to avoid dehydration
- Drink water before, during and after a workout
- Eat plenty of fruits and vegetables
- Replace sugary soft drinks with herbal tea, green tea or seltzer for better hydration without compromising all the flavor

