

HOW DEHYDRATED ARE YOU?

A quick way to test how well you're hydrated is to check the colour of your urine.



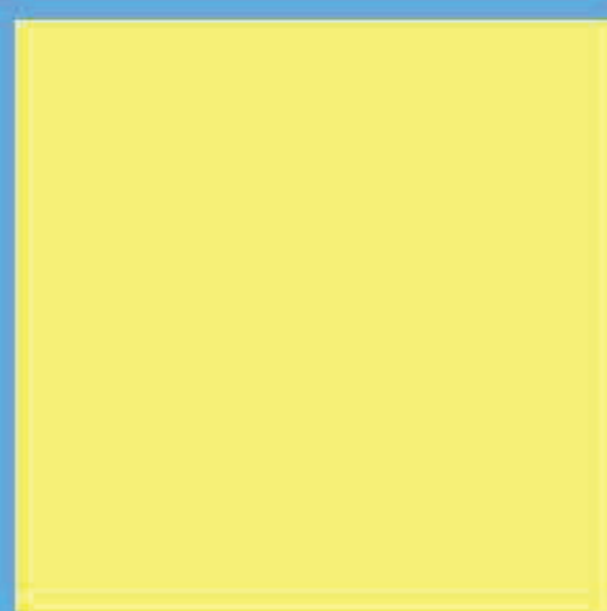
HIGHLY DEHYDRATED!

Go drink a large bottle of water immediately!!



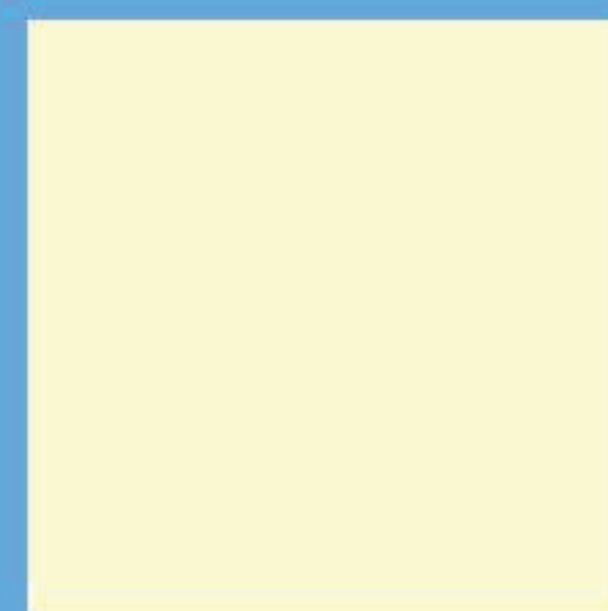
YOU ARE STILL SERIOUSLY DEHYDRATED.

Drinking a bottle of water now will make you feel much better



MODERATELY DEHYDRATED.

You lose water on a regular basis throughout the day. Drink more water



YOU'RE ALMOST THERE.

Get some water in your system to flush out all those toxins from your workout. Stay hydrated and healthy!



GREAT JOB!

Now don't let yourself get dehydrated. Drink at least 8-12 glasses of water throughout the day.

Caffeinated drinks dehydrate - limit your consumption. Sports drinks can provide supplementary electrolytes, but

WATER IS THE KEY!



DRINK WATER AT THE CORRECT TIME

To maximize its effectiveness on the human body

2 glasses - After waking up helps activate internal organs.

1 glass - 30 minutes before a meal helps digestion.

1 glass - Before taking bath helps lower blood pressure

1 glass - Before going to bed avoid stroke & heart attack