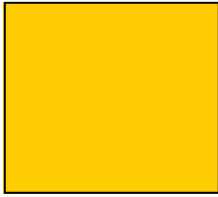
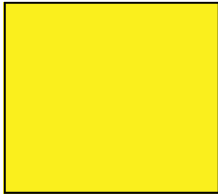


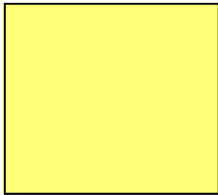
How dehydrated are you?



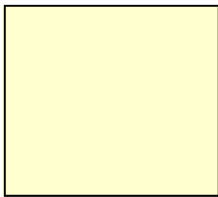
Highly dehydrated!
Go drink a large bottle of
water immediately!!!



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 large glasses of
water throughout the day.

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

WATER is the Key!