



GET SET FOR GOLD : HYDRATION



Think water's just boring H₂O? Guess again! **When it comes to sports, drinking enough H₂O is essential for peak sporting performance!** Dehydration, even by just 2%, can zap your energy, slow you down, and increase your injury risk.

HERE'S HOW STAYING HYDRATED HELPS YOU WIN:

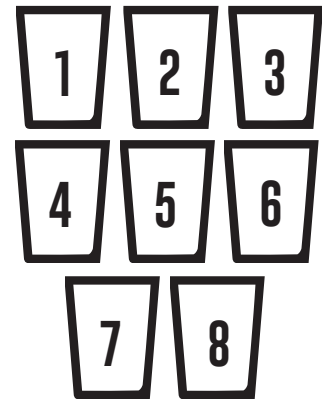
Boosted Performance: From endurance and strength to agility and reaction time, water keeps your muscles firing on all cylinders.

Sharper Mind: Clear-headed and focused? Thank water! It keeps your brain functioning optimally for better decision-making on the field.

Muscle Powerhouse: Dehydrated muscles? No thanks! Water keeps them working smoothly, preventing fatigue and reducing injury risk.

Cool Down: Sweating is your body's cooling system, and water fuels it. Stay hydrated to avoid overheating and stay in the game.

6-8 GLASSES PER DAY



SO...HOW MUCH DO I NEED?

Gulp Game: It's important to try to drink 6-8 glasses of fluid each day, and to make as many of thee plain water as you can. When the weather is hot or you exercise, you lose more water through sweat, so it's important to drink extra.

Pre-Game Prep: Don't wait until you're thirsty! Drink water a few hours before your sport. Think of it as priming your body for victory.

Mid-Match Munch: During exercise, take frequent water breaks (every 15-20 minutes) and aim for 4-6 gulps each time. Think of it as mini power-ups for your body!

Post-Match Refuel: Lost some sweat during exercise? Remember to replenish!

Remember: Water is your best friend on and off the field. Stay hydrated, feel amazing, and dominate your game!



MAKE WATER FUN!

- Add slices of fruit, cucumber, or even a squeeze of lemon to your water for some extra flavour.
- Get a funky reusable water bottle to show off your style.
- Track your intake with a fun app.

**MAKE HYDRATION A HABIT, & YOUR BODY
WILL THANK YOU FOR IT!**