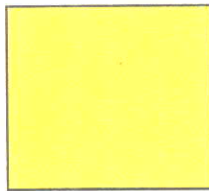


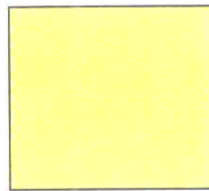
# How dehydrated are you?



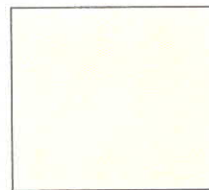
**Highly dehydrated!**  
Go drink a large bottle of  
water immediately!!!



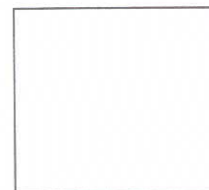
You are still seriously dehydrated.  
Drinking a bottle of water now  
will make you feel much better.



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!**