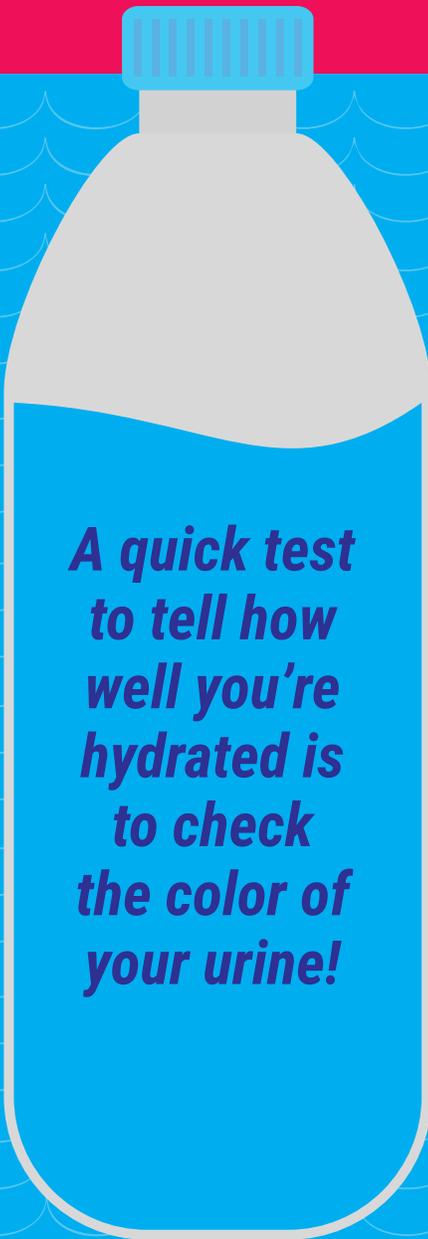


how hydrated are you?



**A quick test
to tell how
well you're
hydrated is
to check
the color of
your urine!**

- **You are topped up with fluids**
- keep it up!
- **You are almost there**
-drink a little more to get everything in balance.
- **You are moderately dehydrated**
-drink more water.
- **You are very dehydrated**
-drink some fluids to get back on track.
- **You are seriously dehydrated**
-drink some water or other fluids without delay.

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hydration

every sip counts



Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.

Staying hydrated:

- Hydrate When You Wake Up and Before Meals
- Limit caffeinated, alcoholic, and sugary drinks
- Eat fruits and vegetables
- Limit time spent in the sun

Signs of Dehydration:

- Weakness/Fatigue
- Nausea
- Muscle Cramps
- Lightheaded/Dizziness
- Decreased Performance
- Noticeable Thirst
- Difficulty Paying Attention



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