

ARE YOU HYDRATED?



▲
NO



▲
YES

IF YOUR URINE IS PALE YELLOW, THAT'S A SIGN OF PROPER HYDRATION.
IF IT'S DARK, YOU NEED MORE FLUIDS.

WHY DOES HYDRATION MATTER?

IT'S SIMPLE: ATHLETES LOSE FLUIDS WITH SWEAT. FLUID LOSS CAN LEAD TO DEHYDRATION. DEHYDRATION CAN NEGATIVELY AFFECT YOUR PERFORMANCE.

GATORADE
THE SPORTS FUEL COMPANY