

# H<sub>2</sub>-KNOW

**It is important to stay hydrated for performance and recovery. A 2% decrease in body weight due to dehydration can impact performance and increase risk of injury.**



**DRINK FLUIDS THAT ARE HIGH IN ELECTROLYTES DURING HIGH-INTENSITY OR LONG WORKOUTS.**



**DRINK HALF OF YOUR BODY WEIGHT IN OUNCES OF WATER PER DAY.**



**MONITOR YOUR URINE COLOR.**



**SIP ON WATER IN BETWEEN MEALS.**



## DEHYDRATION SYMPTOMS

**EXTREME THIRST**

**DRY MOUTH**

**LOW URINE OUTPUT**

**MUSCLE CRAMPS**

**FATIGUE**

**HEADACHES**

**CONFUSION**

**IRRITABILITY**

## URINE COLOR HYDRATION CHART



## WHAT DOES A 2% DECREASE IN BODY WEIGHT LOOK LIKE?

**200LBS STARTING  
= 4LBS LOST**

**180LBS STARTING  
= 3.5LBS LOST**

**150LBS STARTING  
= 3LBS LOST**

**120LBS STARTING  
= 2.5LBS LOST**