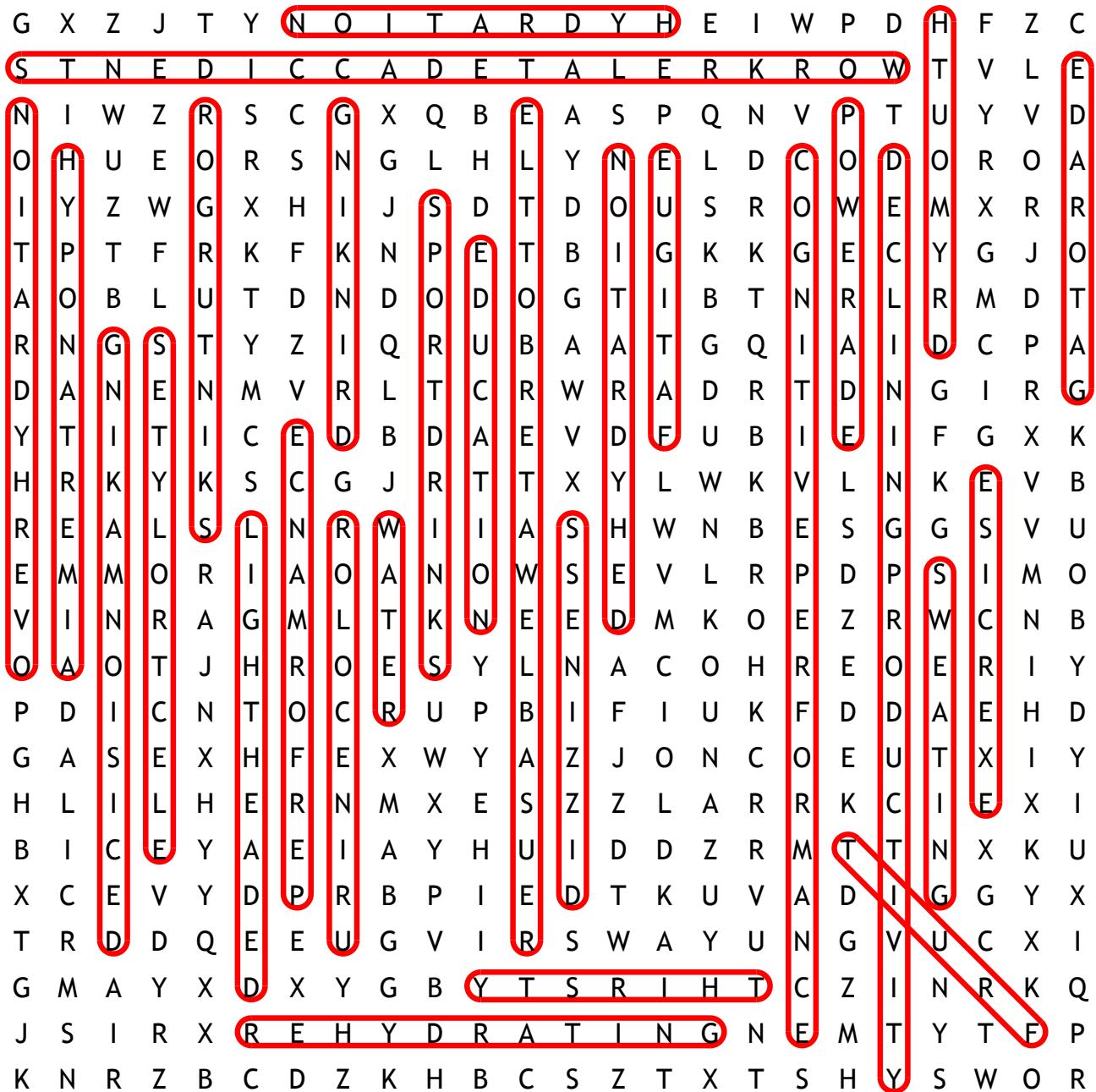


Name: _____

Date: _____

hydration



work related accidents
decision making
hyponatremia
skin turgor
dizziness
powerade
thirsty

declining productivity
overhydration
performance
dehydration
dry mouth
exercise
fatigue

cognitive performance
sport drinks
lightheaded
rehydrating
hydration
sweating
fruit

reusable water bottle
electrolytes
urine color
education
gatorade
drinking
water