

Fuel Your Team to Victory!

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- 2 Track hydration: check urine color and schedule water breaks!
- 3 Educate your players: make hydration a winning habit!

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Hydration Habits for a Healthier You!

- 1 Start your day with water or fruit juice!
- 2 Drink water before, during, and after activities.
- 3 Drink water before, during, and after activities.
- 4 End your day with milk for a good night's sleep.

Make Smart Hydration part of your daily routine!



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