



Don't wait to drink until you're thirsty. It's not an accurate indicator of a need for fluids.

If you wait to hydrate until you're thirsty, then you're already dehydrated.

Doane, J. M. (2016). Sports Nutrition Topics. *Advantage Nutrition & Wellness LLC.*



SCAN FOR
IL HPP WEBSITE



HUMAN
PERFORMANCE
PROJECT

Illinois

CHOOSE OPTIMAL • TAKE THE LEAD • ACHIEVE TOGETHER

MAKE IT MATTER

This was developed and funded in whole and or part, by grants from the Illinois Department of Human Services and Center for Disease Control. The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of IDHS, CDC, or HHS, and should not be construed as such.