

THE IMPORTANCE OF HYDRATION

IN PHYSICAL
ACTIVITY

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RE: HYDRATION

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Good hydration means getting the right amount of water before, during, and after exercise.

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While drinking enough water may seem like a simple action, it impacts virtually every aspect of sports performance

STAYING HYDRATED...



**INCREASES
ENERGY**



**AIDS IN
MENTAL
CLARITY &
ACTIVITY**



**IMPROVES
THERMO-
REGULATION**



**IMPROVES
MOVEMENT,
RECOVERY &
AGILITY**

...which can improve physical performance and reduce injury risk

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HOW MUCH WATER SHOULD I DRINK WHILE EXERCISING?

While everyone's fluid needs are slightly different, here are some general tips



Weigh yourself pre- and post-workout to gauge sweat loss



Sweat rates range from 16-84 ounces per hour during exercise



Aim to drink 6-10 ounces of water for every 20 minutes of exercise



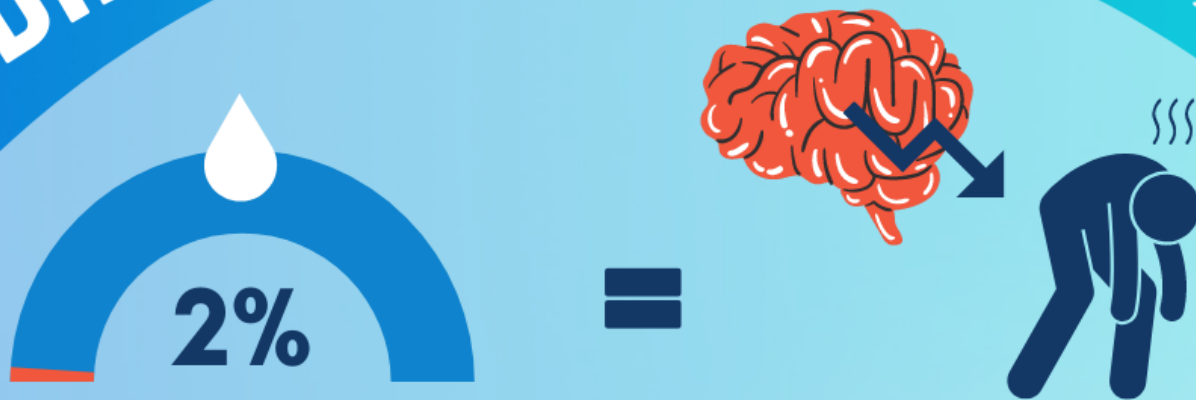
Replenish extra water lost after your workout is over

...THIS WILL HELP REDUCE THE RISK OF DEHYDRATION.

DID YOU KNOW?

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A loss of sweat equal to just 2% of body weight causes a noticeable decrease of physical and mental performance



Losses of 5% or more of body weight during physical activity may decrease the capacity for work by about 30%

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BENEFITS OF STAYING HYDRATED

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IMPROVED CIRCULATION

Improves delivery of oxygen and nutrients to working muscles.

Also helps remove metabolic by-products and waste from muscles, while replacing water that is lost through sweat.

IMPROVED MUSCLE FUNCTION

Hydrated muscles function better than dehydrated muscles.

REGULATED BLOOD PRESSURE

Staying hydrated helps maintain blood pressure during exercise so your heart doesn't work harder to maintain normal blood pressure.

REDUCED RISK OF INJURY

Dehydration contributes to muscle fatigue, which can increase the risk for injury. Staying adequately hydrated can help reduce muscle fatigue and reduce the risk of injury.

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CHOOSE THE PROPER HYDRATION GEAR

If you're on-the-move, you should carry water with you. Whether you're walking, running, hiking, biking, or training, Nathan has the perfect gear for your adventure.

VESTS OR PACKS

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QuickStart 4L Race Pack

A minimalist pack that's perfect for shorter hikes, runs, or a walk around the neighborhood.

Includes 1.5L bladder



TrailMix 7L Race Pack

A versatile day pack with 7L of storage and pockets for snacks, extra layers, and your phone.

Includes 2L bladder



TrailMix 12L Race Pack

Our largest capacity pack that's ready for any adventure. Hiking pole loops, roll top, and rear stretch pockets give you tons of storage - backpack meets lightweight hydration pack.

Includes 2L bladder

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CHOOSE THE PROPER HYDRATION GEAR

HYDRATION BELTS



TrailMix Plus Hydration Belt

Bounce-free two flask hydration belt allows you to keep your water close and store your phone.

Includes 2-10oz flasks

HANDHELD BOTTLES



SpeedDraw Plus Insulated Flask

Grip-free 18 oz. handheld water bottle for short outdoor adventures. The adjustable hand strap and TPE grip keep your hand in place, while the insulated bottle keeps your water cold. Plus, a zippered pocket for your phone!

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