**THE IMPORTANCE OF HYDRATION**

Is vital for our health and training outcomes  
Signs of dehydration  
Why being hydrated is important  
How to stay hydrated  
A quick test to check your hydration levels

Health is more than just fat loss, we have to be aware of the signs that things aren’t right and be equipped with the knowledge on how to correct them.  
A simple thing like drinking more water can have a massive impact on your health and wellbeing.





