

STAY HYDRATED

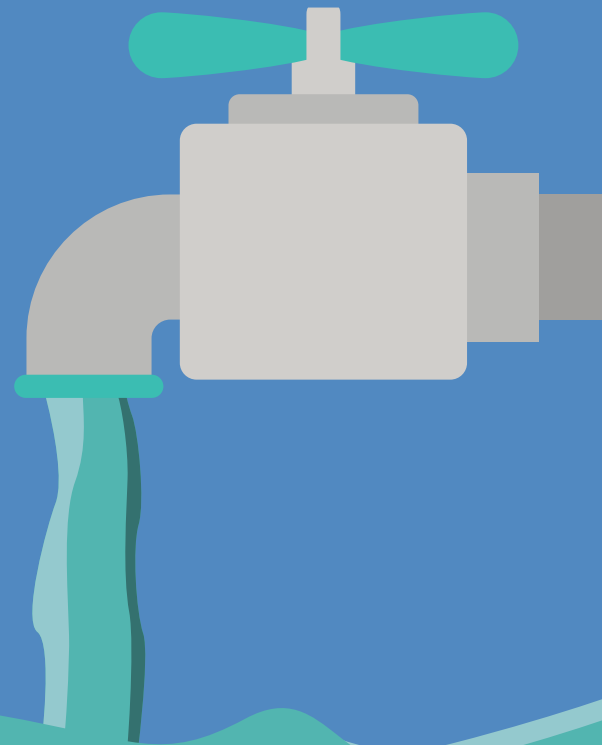
WITH RNCM STUDENTS' UNION

OUR BODIES ARE MADE OF 70% WATER, AND HYDRATION HAS A WHOLE RANGE OF BENEFITS:

- **Helps to prevent injury**
- **Improves physical performance**
- **Improves endurance**
- **Reduces fatigue**
- **Improves cognitive thinking**

DEHYDRATION CAN HAVE NEGATIVE IMPACTS ON PERFORMANCE SUCH AS:

- **Dry and sticky mouth**
- **Dizziness or light-headedness**
- **Muscular weakness or slower movement**
- **Higher risk of injury**



TOP TIPS ON HOW TO GET YOUR 2 LITRES EVERY DAY

Drink a glass when you get up and before you go to bed



Remember to hydrate before a performance (up to an hour beforehand) and to rehydrate afterwards



Keep an eye on the weather – when performing outdoors in summer you'll dehydrate quicker

IT'S SUPER IMPORTANT TO KEEP YOURSELF HYDRATED THROUGHOUT THE DAY - DON'T WAIT UNTIL YOU'RE THIRSTY, AS YOU'LL ALREADY BE DEHYDRATED BY THEN!



Fizzy drinks, tea, coffee and alcohol will dehydrate you



Keep a water bottle on you that you can refill – try and refill it a couple of times a day!

You can also hydrate yourself through water-heavy fruits and vegetables