

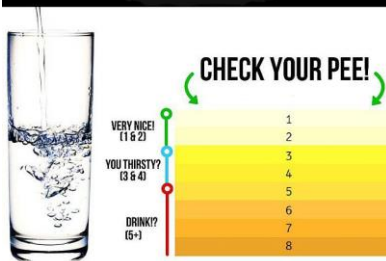


Hydration for the athlete

Are you drinking enough water?

This is a great reference chart. For optimal hydration and performance, get yourself into that 1-2 position.

HOW MUCH WATER SHOULD YOU DRINK?



Faithfully Fit,

Keith Franus

keith@franusfitness.com

Franus Fitness can also be seen on Instagram and Facebook.