



Eat your water!

We all know how important hydration is when it comes to an athlete's performance. Did you know that certain fruits and vegetables are very high in water content and can help the athlete with hydration?

Hydration list:

Fruit

Strawberries 🍓 92% water

Watermelon 🍉 92%/water

Grapefruit 91% water

Pineapple 🍍 87% water

Apples 🍏 84% water

Veggies

Cucumber 96% water

Zucchini 95% water

Celery 95% water

Spinach 92% water

Bell Peppers 92% water



Better hydration for better performance!

Faithfully Fit,

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Franus Fitness can also be seen on Instagram and Facebook.