

Are You Hydrated?

Why is the urine chart essential
and a must-have in every training
room and locker room?

- Under normal kidney function, the color of urine can serve as an easy indicator of an individual's level of hydration.
- The darker the color of urine, the more likely the person is dehydrated.
- Keep in mind that some vitamins and supplements may darken the color of urine.
- To determine your level of hydration, just match the color of urine stream to the colors on the chart.
- Dehydration is often a key contributor to heat related illnesses.

