



# Hydration

## 4 BASIC GUIDELINES FOR A RIGHT HYDRATION

### DRINK WATER

Drink water frequently, a glass every 15 minutes, **even if you are not thirsty**. Keep the water cool, between 10 °C and 15 °C, and encourage it's consumption regularly.



### MANTEIN A BALANCED DIET

Diet should facilitate the salts replenishment.



### ISOTONIC DRINKS

If you perform tasks with a high level of physical effort, take isotonic drinks in moderation.



### DO NOT CONSUME ALCOHOL OR EXCESS CAFFEINATED BEVERAGES

These drinks may cause dehydration.

