

# Hello Hawks!

As it gets warmer, and as you ramp up your activity, we are here to remind you to **Hydrate! Hydrate! Hydrate!**

As athletes, you've heard this, you know this, and you are definitely aware if you are either good at hydrating, or if you could do better. But, do you know how much being properly hydrated does for you? Hydrating...

- Gives you energy when you're tired
- Helps your muscles contract to give you quickness and power
- Prevents muscle cramping
- Keeps your skin from getting dry and itchy
- Wards off bad breath and a dry mouth or nasal passages
- Helps keep "things" (poops) moving regularly
- Prevents headaches and hunger
- Helps clear up acne
- Supports detoxification and recovery
- Boosts immunity
- Improves both cognition and mood
- Regulates body temperature

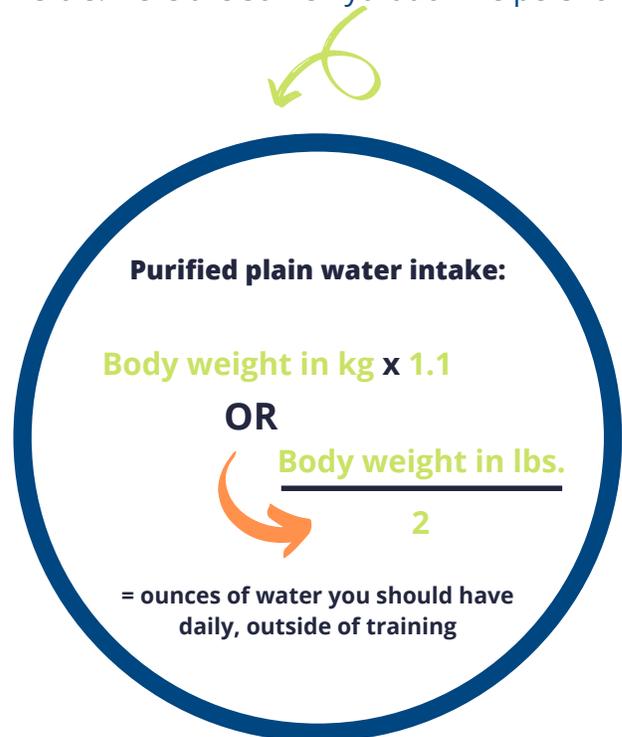
**Hydrating** helps you access your power to perform, but hydrating doesn't mean simply drinking plain water. Without added minerals in your water and your diet, that water will flow right through you. You might find that you're urinating frequently, but still feeling thirsty. Help that water stick by adding minerals. Here are some hydration-helpers for you:

**During intense training**, add minerals and carbs if not using UCAN in your "preworkout":

- Thorne Catalyte + a carbohydrate source
- UCAN Hydrate + a carbohydrate source
- Coconut water
- Don't forget your usual Amino Complex

**Outside of training**, have plain purified water or add minerals, and eat fresh foods!

- Clearly Filtered Water or Berkey systems are great
- Add a tiny pinch of unrefined Celtic Sea Salt to water, and salt your food to taste
- Drink raw, organic pressed green juices or smoothies – Chicagoans, check out City Press
- Add UCAN Hydrate to water to give minerals without added sugars
- Sip on bone broth like a tea
- Eat raw plant foods like salad greens, watermelon, cucumber, celery, bell peppers, and berries



**How will you better hydrate today? Let us know if you have any questions or need extra support.**

**To your health and hydration,  
The SportFuel Team**

