

Name: _____

Date: _____

hydration

G X Z J T Y N O I T A R D Y H E I W P D H F Z C
S T N E D I C C A D E T A L E R K R O W T V L E
N I W Z R S C G X Q B E A S P Q N V P T U Y V D
O H U E O R S N G L H L Y N E L D C O D O R O A
I Y Z W G X H I J S D T D O U S R O W E M X R R
T P T F R K F K N P E T B I G K K G E C Y G J O
A O B L U T D N D O D O G T I B T N R L R M D T
R N G S T Y Z I Q R U B A A T G Q I A I D C P A
D A N E N M V R L T C R W R A D R T D N G I R G
Y T I T I C E D B D A E V D F U B I E I F G X K
H R K Y K S C G J R T T X Y L W K V L N K E V B
R E A L S L N R W I I A S H W N B E S G G S V U
E M M O R I A O A N O W S E V L R P D P S I M O
V I N R A G M L T K N E E D M K O E Z R W C N B
O A O T J H R O E S Y L N A C O H R E O E R I Y
P D I C N T O C R U P B I F I U K F D D A E H D
G A S E X H F E X W Y A Z J O N C O E U T X I Y
H L I L H E R N M X E S Z Z L A R R K C I E X I
B I C E Y A E I A Y H U I D D Z R M T T N X K U
X C E V Y D P R B P I E D T K U V A D I G G Y X
T R D D Q E E U G V I R S W A Y U N G V U C X I
G M A Y X D X Y G B Y T S R I H T C Z I N R K Q
J S I R X R E H Y D R A T I N G N E M T Y T F P
K N R Z B C D Z K H B C S Z T X T S H Y S W O R

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|------------------------|------------------------|-----------------------|-----------------------|
| work related accidents | declining productivity | cognitive performance | reusable water bottle |
| decision making | overhydration | sport drinks | electrolytes |
| hyponatremia | performance | lightheaded | urine color |
| skin turgor | dehydration | rehydrating | education |
| dizziness | dry mouth | hydration | gatorade |
| powerade | exercise | sweating | drinking |
| thirsty | fatigue | fruit | water |