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**A Healthy Body Is A Hydrated Body: Tips To Keep You Hydrated From POWERaDE TXL
Sports Beverages**

By News Canada

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Sports Beverages**
by: **News Canada**

Follow these tips to ensure you are getting enough fluids while exercising:

Maintain hydration. It is important to drink before, during and after exercise.

Be prepared. Always carry a squeeze bottle filled with a sports drink or water when exercising.

Monitor yourself. Watch for the symptoms of dehydration.

If you are experiencing any of the following symptoms, you may be dehydrated:

Mild dehydration Dry lips and mouth Flushed skin Fatigue Irritability Headache Dark urine

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