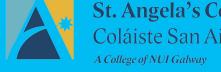


## AT ARE THE BENEFITS OF WATER DURING EXERCISE?

Drinking enough water will not only help prevent the effects of dehydration but can also shorten recovery times and ensure your body is working efficiently during exercise.

THE ABOVE GUIDELINES ARE A **GENERAL REFERENCE. FLUID INTAKES SHOULD BE ADJUSTED DEPENDING** 



St. Angela's College, Sligo Coláiste San Aingeal, Sligeach **ON AGE, GENDER AND ACTIVITY LEVEL.** 

