

THE INDUSTRIAL ATHLETE DIGEST

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PEE-R REVIEW

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As an industrial athlete you should know hydration is a key component to being at your best at work, but even outside of work you should be taking it just as seriously. We realize this isn't the most glamorous topic, and even less glamorous is the easiest way to tell if you are properly hydrating - your urine color. Like I said, not the most glamorous thing to talk about, but very effective and easy. So here we go, let's decode what our bodies are telling us about our hydration level.

DECODING YOUR HYDRATION LEVEL



Practically Transparent:

You may think this is where you want to be, but this means you are over hydrated. So, ease up on the water for just a bit.



Weak Lemonade Color:

Congrats, you're properly hydrated. Keep doing what you're doing because clearly you are drinking enough fluids.



Corona Beer Color:

No, don't grab another one, we're still talking about your urine color here. This also means you're doing fine when it comes to hydrating, but you should consider increasing fluid intake soon.



Amber Color: Okay chief, it's time to grab a water bottle and start increasing your fluid intake. You are now on your way to Dehydration Town, population: YOU! You should definitely make it a priority to get more fluids in you.



Rusty Nail Color: Now. Now is the time to take a break and make it a priority to get water in your system. While you're at it you should also add some type of electrolyte drink to your routine because your body is in serious need of hydration. Increase your fluid intake immediately!!



This one's hard, but will help with your hydration level and so many other things. When you wake up in the morning, drink 12 to 16 oz of water *before* hitting the coffee. Ack! I know, but your body will thank you for it.

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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

