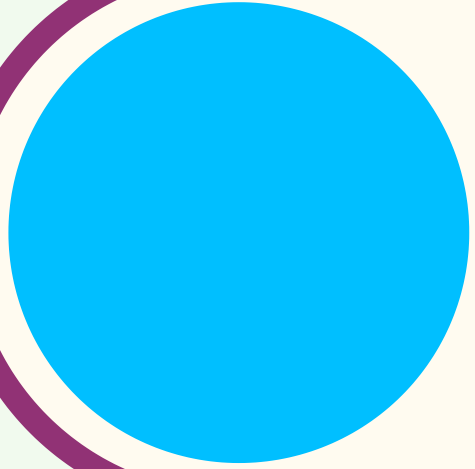


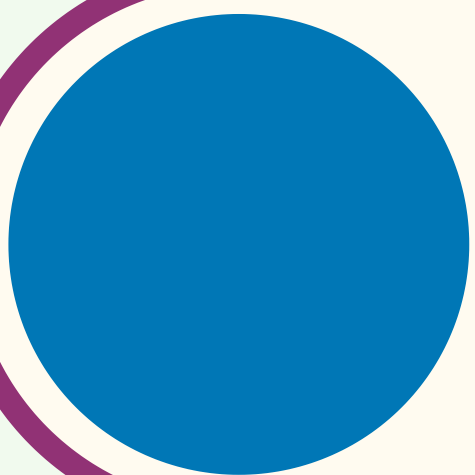


ReHydrate.

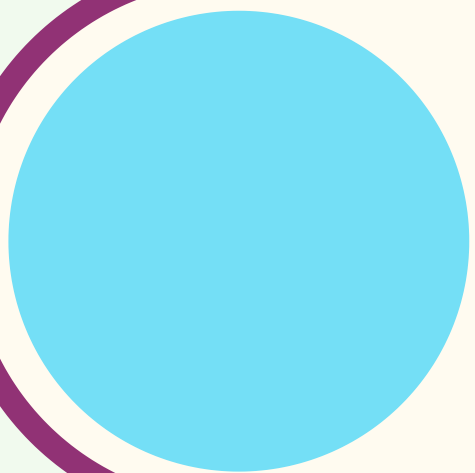
Insights on Hydration for Athletes



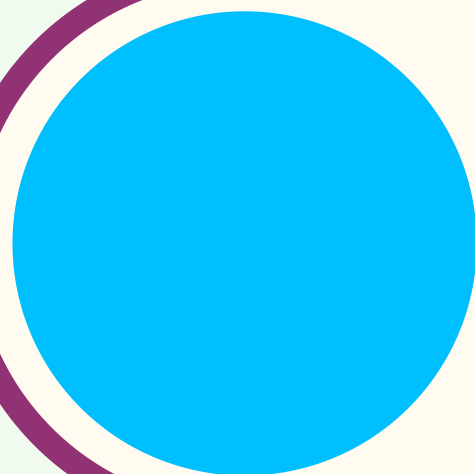
Hydration can impact performance and recovery (William, Nathan).



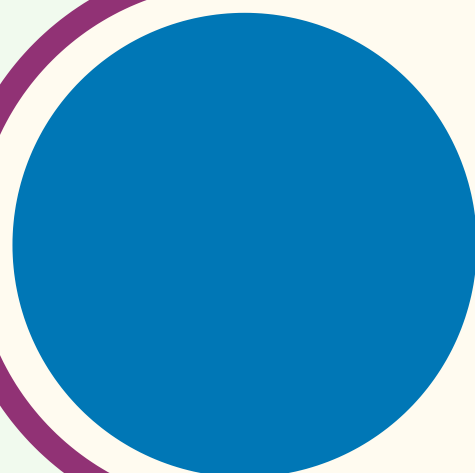
Mental preparation is crucial for long races (William, Joe).



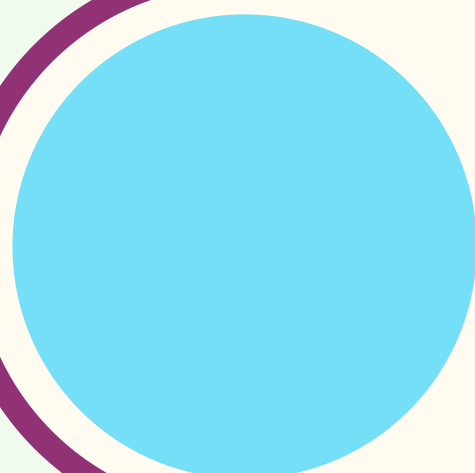
Regular training is essential for building endurance (William, Anaëlle).



Adapting hydration strategies based on weather conditions is important (William, Nathan).



Hydration is crucial for performance, especially in hot weather. (Anaëlle)



Runners face challenges in managing their hydration effectively. (William, Nathan, Anaëlle)