

Hydration Insights : Poor Habits Affecting Athletes



Joe, Nathan,
Gillemette

I take part in
more than one
sport

Antoine, Guillaume

I drink alcohol
before a race

William, Nathan,
Guillemette,
Guillaume

I have poor
hydration habits

Anaëlle, Guillaume,
Nathan

I suffer from
dehydration
when racing

William, Anaëlle, Joe
Antoine, Guillaume,
Guillemette

It is important
to keep hydrated

William, Anaëlle, Joe
Antoine, Guillaume,
Guillemette

I struggle with
maintaining pace
when running