



# HYDRATE BETTER PERFORM SMARTER

## Nutrition Talk: Hydration & Electrolytes

An evidence-based overview of hydration and electrolyte balance, exploring how fluid needs change based on activity level, environment, and overall health—and how to maintain optimal hydration through practical, everyday strategies.

Thursday, July 2<sup>nd</sup> at 10:30 AM

REGISTRATION REQUIRED

Y Members: \$15 | Non-Members: \$30

### What can you expect?

- What hydration really means and why electrolytes are essential for body function
- How factors like exercise, heat, and lifestyle impact fluid and electrolyte needs
- Signs of dehydration and overhydration—and how to avoid them
- Practical strategies and beverage/food options to stay properly hydrated
- Opportunity to ask questions and get clarification on hydration-related topics



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