Hydration

Problem:
- Students are not staying hydrated and not informed of what it means to be hydrated.
- Students have a difficult time to stay hydrated

College students have experienced the affects of dehydration, yet many do not make an active effort to change.

FACT: Certain foods can help you stay hydrated.
- Watermelon
- Strawberries
- Cantaloupe
- Peaches

FACT: If you consistently workout or participate in sports you must drink more water per day than someone who does not.

96% of students ARE aware of the benefits of hydration.

Solutions:
- Inform students how to stay hydrated and stay healthy
- Make it easier to get water on campus and create awareness
- Sell more nourishing drinks rather than coffee, energy drinks and soda

75% of students are chronically dehydrated.