

Wellness

CAMPUS

MODULE 5 WATER & NUTRITIOUS BEVERAGES



WATER

If we do not get enough fluids, we may experience the following ...

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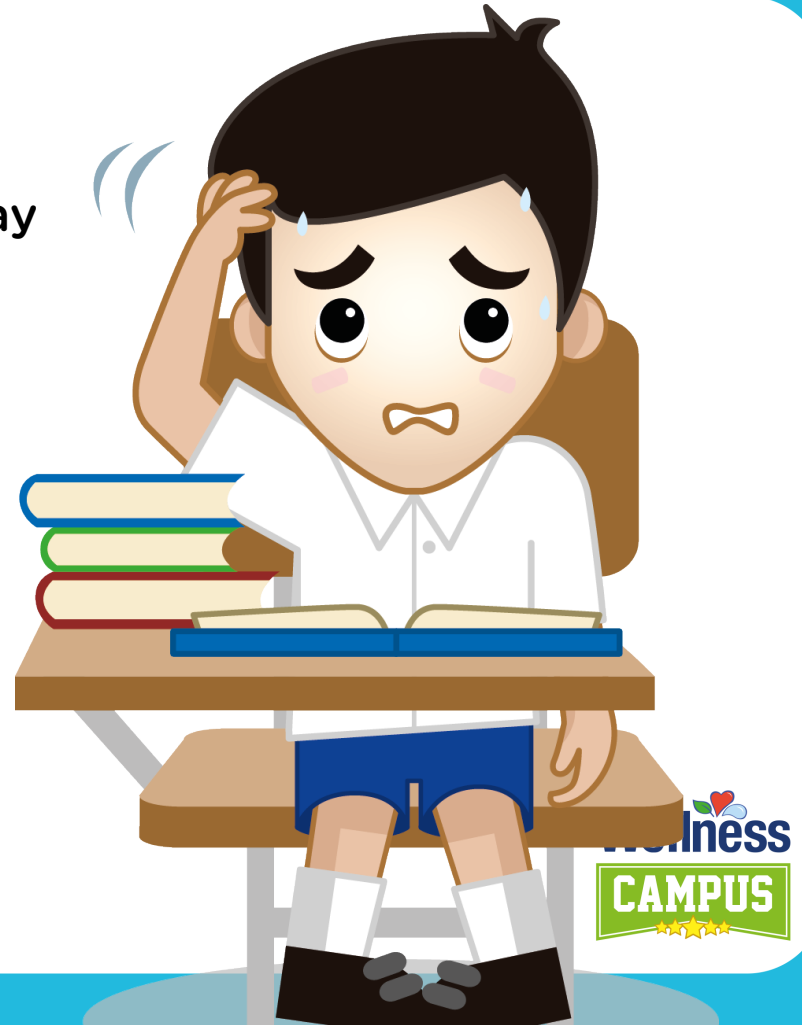
- We may get headaches.



WATER

If we do not get enough fluids, we may experience the following ...

- We may get headaches.
- We might have difficulty focusing or paying attention.



WATER

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- We may get headaches.
- We might have difficulty focusing or paying attention.
- We may feel dizzy.



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If we do not get enough fluids, we may experience the following ...

- We may get headaches.
- We might have difficulty focusing or paying attention.
- We may feel dizzy.
- Our skin, lips and mouth might feel dry.



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If we do not get enough fluids, we may experience the following ...

- We may get headaches.
- We might have difficulty focusing or paying attention.
- We may feel dizzy.
- Our skin, lips and mouth might feel dry.
- Our stool might be hard.



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If we do not get enough fluids, we may experience the following ...

- We may get headaches.
- We might have difficulty focusing or paying attention.
- We may feel dizzy.
- Our skin, lips and mouth might feel dry.
- Our stool might be hard.
- We may urinate less.



WATER

If we do not get enough fluids, we may experience the following ...

- We may get headaches.
- We might have difficulty focusing or paying attention.
- We may feel dizzy.
- Our skin, lips and mouth might feel dry.
- Our stool might be hard.
- We may urinate less.
- The color of our urine may be darker.

