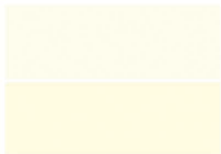




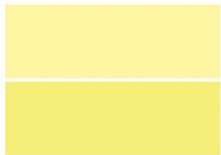
**This July**

**Stay Cool in the Heat**

How do you know if you're hydrated?  
Check your pee color:



**You're wonderfully  
hydrated!**



**You're dehydrated and  
should drink more!**



**You're seriously  
dehydrated, drink now!**

## The Best Exercise for the HEAT? Add in a few "12-ounce curls"!

Dehydration can lead to DEADLY conditions ...  
and it's so easy to prevent.

You don't have to drink a swimming pool, just  
make sure your urine runs clear, not yellow.

Did you know that lack of water is the number  
one trigger of daytime fatigue?

