

# COLD WATER IS BEST

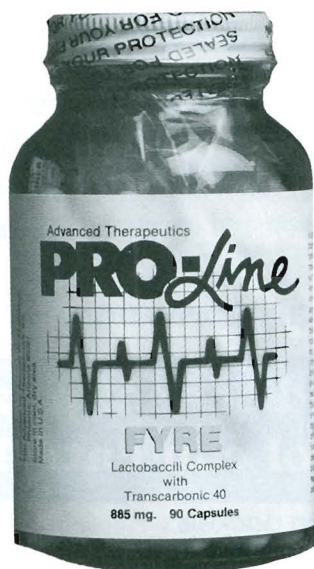
Cold water is best for maintaining fluid balance in the Summer heat. It cools the system rapidly, leaves the stomach quickly and is absorbed rapidly through the intestines. If you are practicing or exercising for over an hour, drinks that contain sugar can cause fluid to sit in your stomach. Drinks with caffeine or alcohol act as diuretics, which cause the body to excrete fluids more rapidly and could have a detrimental effect. You probably don't need fluids with electrolytes in them if you eat a well balanced diet, because electrolytes in sweat (e.g., sodium, potassium and calcium) are not lost to a significant degree in a trained person.

Drink 6 to 8 glasses of water throughout the day. Your urine should be clear. You should drink a glass of water about 30 minutes before practice. If you stop sweating, feel dizzy, vomit or feel disoriented stop practice immediately and drink water while getting out of the sun. Also, if you lose more than 3% of your bodyweight during practice, it means that you are dehydrated and that could be dangerous.

## Hard Time Gaining Weight? **TRY FYRE!**

**COST: \$29<sup>95</sup>**

Enhances digestion, Utilization, and Absorption of All Nutrients By as Much As 16 Percent!



**NOW! BETTER USE WHAT YOU EAT!**

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## STOP CRAMPS DURING TWO-A-DAYS AND THOSE HUMID GAMES

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ANY THIGH**

**NO MORE GUESSWORK  
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**Cost: \$45.00**

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**NEW ONE YEAR  
WARRANTY**

When the thigh reaches parallel, the Safety Squat will BEEP! It eliminates all guess work in judging proper depth. Great motivational device and coaching aid!

Some athletes don't go down far enough. They think they are, but they lean forward at the waist. They might even argue. Now, they can't! It will aid in their form. Also for those who go too low, usually by going down too fast, the Safety Squat will BEEP at just the right time.

We highly recommend the Safety Squat! You should try at least one. Then, you'll want to get one or two for each Squat Station!