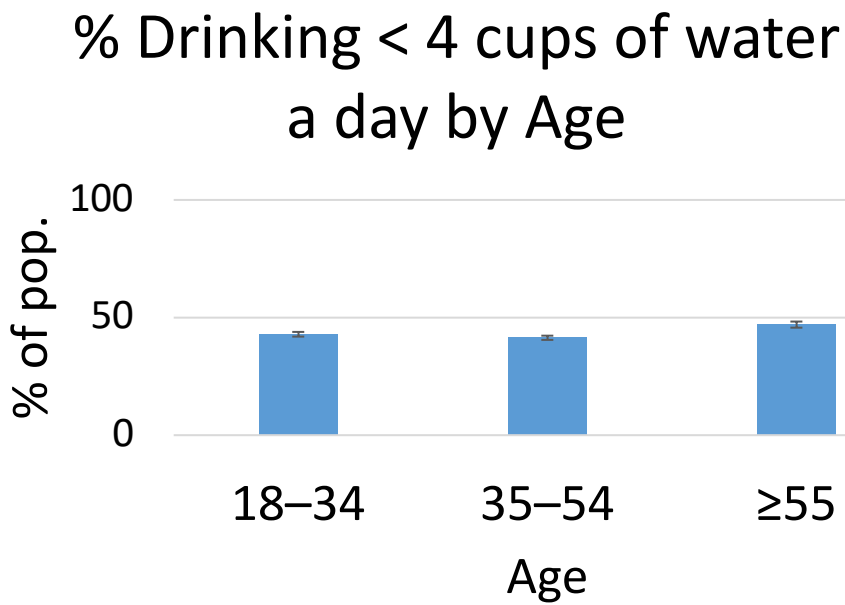


So Many Benefits to Hydration!

Elizabeth Hancock
<https://tinyurl.com/en9yuezu>

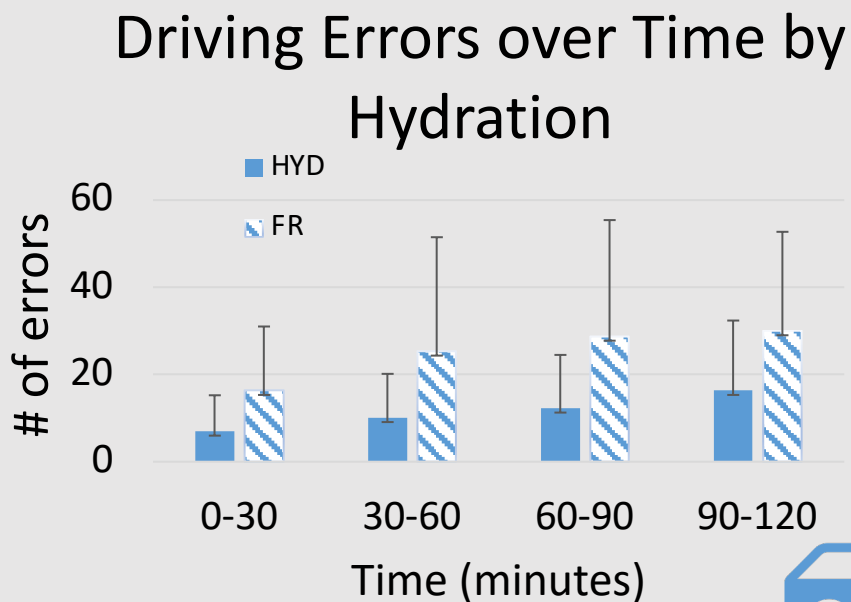


~ 40%
 drink fewer than 4 cups!

Those who had more water lost **1.3 kg more!**

The Hydrated (HYD) group often made **less mistakes!**

Weight Loss		
Less Water:	More Water:	Average Dif.:
-1.3 kg	-2.4 kg	-1.3* kg
		<small>* p = .028</small>



References:
<https://tinyurl.com/5cr4au6h>
<https://tinyurl.com/ytt9hmtw>
<https://tinyurl.com/tm4swvj9>