

## **Resources-Proper hydration**

- Whitings. (n.d.). Understanding body water percentage: a significant health indicator. https://www.withings.com/us/en/health-insights/about-body-water
- Shoemaker, S. (August 19, 2020). 12 Simple Ways to Drink More Water. https://www.healthline.com/nutrition/how-to-drink-more-water#TOC\_TITLE\_ HDR\_14









