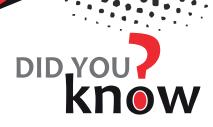


Gaucho 1.5 Walk



- Water helps energize muscles. Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue.
 When muscle cells don't have adequate fluids, they don't work as well and performance can suffer. - WebMD
- Drinking enough fluids is important when exercising. Drink about 17 ounces of fluid about two hours before exercise. During exercise start drinking fluids early, and drink at regular intervals to replace fluids lost by sweating.
 - American College of Sports Medicine



