

First Ever

SWEAT TESTING

&

Customized **HYDRATION** Program

Test Results Include:

- Sweat Rate and Total Sweat Losses
 - Sweat Sodium Concentration and Total Salt Losses
- AND
- a **Customized Electrolyte Replacement** & **Hydration Program**
 - Until now this was only available for research in professional athletes
 - The **HEAT Institute** has tested the **Philadelphia Eagles**, **Flyers** & **Phantoms** and **Orlando Magic** to name a few!!

\$200.00

Benefits Include:

1. Prevents exercise associated cramping (heat cramps)
2. Eliminates hyponatremia (low blood sodium) caused by overdrinking
3. Prevents sodium depletion illness

Contact: HEATInstitute@wcupa.edu

