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