









FDSOA Sponsored Webinar

Stay Hydrated, Stay Strong: A Self-Assessment Approach to Hydration

Date: May 20, 2025 | **Time:** 10:00 AM Arizona (PST) | **Location:** Online Webinar (Registration Link Provided below)

Join us for a powerful and practical **FDSOA Sponsored Webinar** that will give you the tools to take control of your hydration and performance. Backed by a FEMA-funded study and delivered by Dr. Floris Wardenaar from Arizona State University, this session introduces a **self-assessment model** designed to help firefighters, athletes, and health-conscious individuals evaluate hydration status with confidence.

What You'll Learn:

-  **The Importance of Hydration:** Discover how hydration impacts energy, performance, and health.
 -  **Hydration Guidelines:** Learn personalized hydration strategies tailored to your lifestyle and environment.
 -  **Signs of Dehydration:** Spot the key indicators like urine color, thirst, and energy dips.
 -  **Self-Assessment Techniques:** Apply simple, research-backed methods to check hydration levels throughout the day.
 -  **Study Insights:** Explore findings from a recent FEMA-funded study involving wildland firefighter trainees and athletes (n=85).
 -  **Practical Tips:** Get actionable strategies for daily hydration—including the best time to check your hydration status.
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Who Should Attend?

Fire service professionals, fitness trainers, athletes, health educators, and anyone looking to improve their hydration habits.

Featuring:

Interactive Q&A and exclusive access to our **Hydration Self-Assessment Worksheet** developed from the study.

Register Today!

[Click Here to Register!!!](#)

Limited spots available — don't miss this opportunity to hydrate smarter and perform better.

Sponsored by the Fire Department Safety Officers Association (FDSOA) and Presented by Dr. Floris Wardenaar, Arizona State University

Empowering fire service professionals through education and evidence-based wellness strategies.