**THE SWEAT SOLUTION**

[**30 for 30 shorts**](http://espn.go.com/video/clip?id=12162363)

What was the view on water breaks and hydration during practice in the 1960s? What can dehydration lead to if the body is unable to cool itself? (Pg. 159)

What are electrolytes?

Where did the name Gatorade come from?