



# Optimal Hydration for Peak Performance

## Finished the year strong

We had another great month in December and we're excited to share the latest updates with our growing list of supporters -- thank you one and all.

### *Check Out Our Latest Hydrostasis™ Video*



Hydrostasis is very excited to showcase our new video. The video highlights our Hydrostasis hydration monitoring sensor in action on several athletes across a wide



variety of sports, as well as in military environments. We created this video in part to support our exciting SBIR project with the U.S. Air Force.

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Hydrostasis takes the guesswork out of hydration. Our unique solution empowers users to maintain their individual optimal hydration range, equipping them with a performance edge they can control.



## **Successful Pac-12 College Campus visit in December**

We are excited to have been invited to visit a Pac-12 college campus in December to continue our customer and product discovery research and to learn more about all the work they do. It was a fantastic experience to get up close and personal with the athletics staff who are working directly on hydration with their teams and athletes.



## Hydrostasis' Founder and CEO Debbie Chen Presenting at Digital Medicine & Medtech Showcase

Starting the year strong in 2020, Debbie Chen, Hydrostasis Founder & CEO is excited to present at the upcoming [Digital Medicine & Medtech Showcase](#) (part of J.P. Morgan Healthcare Conference) on Wed, January 15, 2020. [Click for more details.](#)



### A little help from our friends...

We could use your help by simply forwarding this email to anybody interested in the value of proper hydration. Educators, athletes, health professionals and enthusiasts!

And if you suddenly found this in your inbox, reach out and say Hi! We are always interested in connecting with anybody passionate about the hydration of athletes and patients.

### Monthly Newsletter

Sign up for our newsletter on the Hydrostasis web site.

[Sign Up](#)

It's important to stay hydrated during cold-weather sports. The low temperature, low humidity, and lack of access to fluids can make proper hydration a challenge.

Until next month friends...stay hydrated!



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