



"Swiggies" Wrist Water Bottle by HydroSport - Unique New Product

Swiggies are wrist water bottles that attach to your wrists and hold a total of 11 ounces of water or sports drink for hands-free exercising. They weigh 1/2 lb. each when filled and also come in kids sizes and colors.

Los Angeles, CA, September 17, 2007 --(PR.com)-- Hyperthermia is one of the most common serious problems faced by runners. The American College of Sports Medicine recommends drinking 8 to 10 ounces of water before a workout, 8 ounces during, and up to 16 ounce after a workout. HydroSport was developed for runners, but can also be used by bikers, skaters, walkers, aerobics, etc.

Each cleverly designed HydroSport holds 5 ½ ounces of water or sports drink. It is strapped on to the wrist and has a pull top. It eliminates the need to carry water bottles, which can be cumbersome to carry, and break your stride when you have to stop to take a drink. You just fill them up with cold water and go. Both HydroSports supply you with 11 ounces of liquid to complete your workout without the risk of dehydration.

Each HydroSport weighs a half pound, which is the perfect amount for running without stress on the joints. When they are filled with cold water, the HydroSport cools your wrist and keeps you from overheating. They can also be frozen.

HydroSport has a suggested retail price of \$9.99 a set.

HydroSport is patented

Samples available upon request

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