

HYDRATE EARLY AND OFTEN

Dehydration can negatively impact performance and cause early fatigue. Follow these tips to stay hydrated and replenish fluids and electrolytes lost from sweat:

- Focus on fluid intake all day, every day, not just around workouts.
- Always carry a water bottle.
- Weigh yourself before and after exercise to know how much fluid to replace.
- Track hydration by checking urine color - the lighter the better hydrated.



For advice on customizing a nutrition plan, consult a sports dietitian.



BEFORE EXERCISE

- Begin exercise well-hydrated
- Drink 16-20 oz. of water or sports beverage at least four hours before exercise
- Drink 8-12 oz. of water 10-15 min. before exercise

DURING EXERCISE

- Drink water or sports beverage every 15-20 min. during exercise
 - 3-8 oz. of water (2-3 large gulps) for exercise <60 min.
 - 3-8 oz. of sports beverage for exercise >60 min.

AFTER EXERCISE

- Rehydrate
- 16-24 oz. of fluid for every pound lost within 2 hours of exercise
 - ▶ Chocolate milk is a great option to help rehydrate and refuel after a workout