

HYDRATION

Proper hydration is essential for the physical & mental demands of athletic performance. For every pound of weight you lose after a workout, be sure to drink 16-24 ounces (2-3 cups) of fluid to replace losses.



TO PREVENT DEHYDRATION

Drink water throughout the day, eat plenty of fruit, avoid excessive salt consumption, and drink plenty of fluids before, during & after exercise. Sports drinks are most effective when exercise lasts longer than 60 minutes.