

THE HYDRATION EDGE



TIPS FOR STAYING HYDRATED

Dehydration can tire you out and hurt your performance. Here are some tips for staying hydrated:

- ▶ Drink plenty of fluids especially before, during and after physical activity.
- ▶ Stay hydrated on rest and non-competition days.
- ▶ After your event, rehydrate with a beverage rich in carbohydrates and electrolytes such as low fat or fat free chocolate milk (or lactose free chocolate milk). Chocolate milk has a carb: protein ratio of 3:1, is a good source of potassium & has a moderate amount of sodium.

WHO CAN BECOME DEHYDRATED?

Everyone needs to drink plenty of fluids, but it's especially important for athletes, who lose hydration through sweating and breathing hard.

Water is usually best. Unless your event is in hot weather, you're continuously moving for more than 60 minutes, or you have multiple events back-to-back, then include a sports drink that contains carbohydrates and electrolytes to help aid hydration.

WHAT'S YOUR GAME PLAN? KNOW WHAT YOU NEED



Below are guidelines for hydration, which could vary depending on body size, sweat, climate and individual need. It is most important to sense when you are thirsty and drink to your thirst and comfort level. Fluid losses and needs are variable, and fluid-balance needs must be individualized for best results.

4 hours before	Drink 6-12 ounces of fluid*
2 hours before	Drink 6-12 ounces of fluid*
30 minutes before	Drink 8-12 ounces of fluid*
Every 15 minutes during	Drink 3-8 ounces of fluid*
Recovery	Drink to replace lost fluids*

**or amount of ounces that satisfy individual thirst/comfort level*