

# Hydrate to feel great

DRINK FLUIDS BEFORE, DURING, AND AFTER EXERCISING

## HOW MUCH WATER AND OTHER FLUIDS DO YOU NEED?

To stay hydrated, your needs vary and depend on:

- How hard you exercise
- How long you exercise
- The temperature and humidity
- How much you sweat and how much weight you lose from sweat

## KNOW THE SIGNS OF DEHYDRATION

- Severe thirst (sometimes)
- Headache
- Weakness
- Muscle cramps
- Dry mouth and eyes. Sweating may stop.
- Nausea

With severe dehydration, you may also feel very weak, confused, dizzy, or lightheaded. These symptoms require emergency medical care.



WHEN	HOW MUCH WATER OR SPORTS BEVERAGE
<b>Before you exercise:</b>	
At least 4 hours before	16-20 ounces of water
10-15 minutes before	8-12 ounces of water
Note: Weigh yourself before you exercise.	
<b>During exercise:</b>	
If less than 60 minutes	3-8 ounces of water
If more than 60 minutes	3-8 ounces of a sports beverage every 15-20 minutes
	Note: Do not drink more than 32 ounces per hour during exercise.
<b>After exercise:</b>	
Within 2 hours	20-24 ounces of water or a sports beverage for every pound lost

Source: American College of Sports Medicine.