

# 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

**6 Action Step**  
To keep from getting dehydrated, drink water throughout the day. Drink sports beverages if you sweat a lot. Limit coffee, tea, and colas. Fluids with caffeine act as diuretics. Don't rely on thirst alone to tell you if your body needs more fluid.

## 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.