HYDRATE
EARLY AND FREQUENTLY

Dehydration may reduce performance and bring on early fatigue. Use these steps to stay hydrated and restore fluids and electrolytes lost through sweat:

- Drink fluids throughout each day, including times away from exercise.
- Keep a water bottle with you.
- Compare your weight before and after exercise to estimate how much fluid you need to replace.
- Watch your urine color to check hydration: paler urine indicates better hydration.

·C·P·S·D·A· FUELING VICTORY

NDC NATIONAL DAIRY COUNCIL™

For a nutrition plan tailored to you, ask a sports dietitian.



BEFORE ACTIVITY

- Start activity well hydrated.
- Have 16-20 oz. of water or a sports drink at least four hours before exercise.
- Take 8-12 oz. of water 10-15 min. before activity.

DURING ACTIVITY

- Drink water or a sports beverage every 15-20 min. while you exercise.
  - 3-8 oz. of water (2-3 large gulps) if exercise is <60 min.
  - 3-8 oz. of sports drink if exercise is >60 min.

AFTER ACTIVITY

- Replace lost fluids.
- For each pound lost, drink 16-24 oz. of fluid within 2 hours after exercise.
  - › Chocolate milk is a good choice to restore hydration and energy after a workout.