

Performance Hydration

Did you know that hydration status can be one of the primary factors preventing you from achieving your fitness goals? Your body needs sufficient amounts of water to metabolize fat and synthesize muscle.

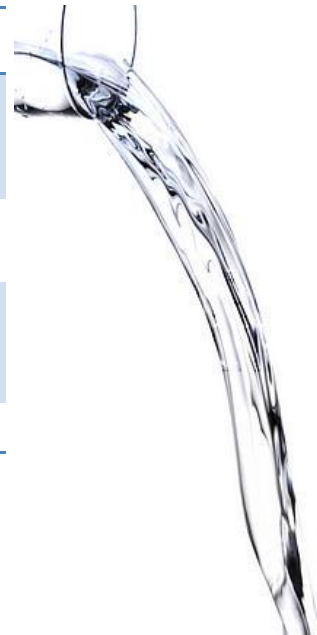
It is extremely important for athletes and exercisers to maintain adequate hydration levels consistently. This ensures that you are providing the body with what it needs to properly respond to the stress of exercise.

Hydration during Exercise

Drink fluids early and often to replace water lost through sweating. Drink fluids even if you train in a cold environment. Dehydration and decreased performance can still occur. Your needs may increase on hot and humid days. If you are participating in vigorous activity for more than an hour, consider replacing energy and electrolytes with a sports drink or fruit.



Timing	Recommendations
Daily	Drink fluids throughout the day. You need ~ 1ml for every calorie consumed. For example, if you eat 3,000 calories, drink 3,000 ml of fluids (3 L).
2-3 hours before training and competition	16 oz of fluid
Every 15-20 minutes during training and competition	5-10 oz of fluid
After exercise	16-24 oz for every pound lost from sweat



Quick Conversion	1000 ml = 1 liter	240 ml = 8 oz
	liter ~ 32 oz	8 oz ~ 1 cup