

## **PROPER HYDRATION IS THE BEST SAFEGUARD AGAINST HEAT ILLNESS**

### **Before Exercise**

Drink 2-3 hours before exercise at least 17-20 oz. of water or sports drink.  
10-20 minutes before exercise drink another 7-10 oz. of water or sports drink.

### **During Exercise**

Drink early: Even minimal dehydration compromises performance. In general, every 10-20 minutes drink at least 7-10 oz. of water or sports drink. To maintain hydration, remember to drink beyond thirst. Optimally, drink fluids based on amount of sweat and urine loss.

### **What Not To Drink**

Fruit juices, carbohydrate gels, sodas (Coke, Pepsi), beverages containing caffeine, alcohol and carbonation are discouraged because they can dehydrate the body by stimulating excess urine production, or decreasing voluntary fluid intake.

### **After Exercise**

Weigh in and out, for every pound of weight lost athletes should drink at least 10 oz. of fluid to optimize re-hydration.

**Protein Shakes** can dehydrate you, so make sure if you take them to drink extra water.