

OPERATION HYDRATION



Hydration Tips for Athletes

- Drink at least 8oz of water before you begin to exercise.
- Drink at regular intervals during your activity.
- Drink at least 8oz of fluid after you finish exercising.
- Add 8oz of water for every 10-15 minutes you exercise, particularly in a hot climate or during humid weather.
- If you are involved in a moderate to intense exercise or sports event that lasts longer than an hour, drink a minimum of 10oz of water within 15 minutes before you begin.
- Sports drinks may be used in moderation to replenish important electrolytes, but they should never substitute for water.
- Limit your salt intake. Excess salt may dehydrate you faster.
- If you feel faint or dizzy, stop exercising. Sit in a cool place and sip small amounts of water or a sports drink to rehydrate.
- Don't overdo it! If you get dehydrated, allow your body to recover before continuing.
- Always follow the advice of your healthcare provider.