Tips for Athletes

• Drink at least 8 oz. of water before you begin to exercise.

• Drink at regular intervals during your activity.

• Drink at least 8 oz. of fluid after you finish exercising.

• Add 8 oz. of water for every 10-15 minutes that 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 10 oz. of water within 15 minutes before you begin.

• Sports drinks may be used in moderation to replenish important electrolytes, but should never be a 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 health care provider.