

It's **WATER COOLER WEDNESDAY!!!**

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Are you staying hydrated?!?!

Here are some more benefits for staying hydrated especially during exercising. Something to think about!

HYDRATE! HYDRATE! HYDRATE!



**HYDRATION
DURING EXERCISE**

ENSURING THAT YOU STAY HYDRATED BEFORE, DURING & AFTER EXERCISE IS ESSENTIAL AS THE BODY LOOSES VITAL FLUIDS WHEN THE BODY IS EXERTING ITSELF.

BEFORE
DRINK APPROXIMATELY 500ML OF WATER AROUND 2 HOURS PRIOR TO STRENUOUS EXERCISE

DURING
CONSUME AROUND 400 - 1000ML OF WATER EVERY HOUR. DRINK SMALL AMOUNTS FREQUENTLY

AFTER
WITHIN 30 MINUTES OF EXERCISING, DRINK AN ADDITIONAL 250ML OF WATER AND USE REHYDRATION SUPPLEMENTS

JUST 0.1% DEHYDRATION CAN INCREASE CARDIOVASCULAR STRAIN & LIMIT THE BODY'S ABILITY

HR