

DITCHING DEHYDRATION!

Why is Water so Important?

Drinking enough water is just as important as eating for **maintaining high energy levels**. It also helps to cool you down when you get hot!



Drink **BEFORE**, **DURING** and **AFTER** exercise!

500 ml to 1 L



TO



2h to 30 min
BEFORE

500 ml to 1 L



TO



Each hour
DURING

500 ml



30 min to 1h
AFTER

Drinking Enough for More Fun!

Athletes not getting enough water may get...

1. Headaches or Difficulty Concentrating
2. Muscular Cramps
3. Nausea
4. Heart Problems
5. Extreme Fatigue



Water... or Sports Drinks?

Sports drinks are designed for **professional athletes** training several hours each day, not for everyone!

On days when you exercise for more than 1 ½ hour or in very hot temperatures, try this **homemade hydration solution**:

½ Water + ½ 100% Pure Orange Juice + Pinch of Salt

Sports
Drinks

Say NO to Energy Drinks!

Rather than giving you a boost of vitality, **energy drinks** will...

INCREASE



Dehydration + Muscle Cramps

DECREASE



Strength + Performance

Before having **energy drinks**, ask yourself if you...

- Get enough sleep?
- Drink enough water?
- Eat your healthy snacks?
- Are active everyday?

Energy
Drinks

