

Follow these Fluid Intake Guidelines*

*Based on the volume recommendations of the National Athletic Trainers' Association²⁶

BEFORE EXERCISE:



Drink 17-20 oz
2-3 hours Before events
Drink another 7-10 oz 10-20
minutes Before events

DURING EXERCISE:



During: Drink
28-40 oz of fluid per
hour (at least 7-10 oz
every 10-15 minutes)

AFTER EXERCISE:



After: Drink at least 20 oz
per pound of weight loss within 2
hours of finishing training
or competition

4 Water doesn't give you all you need

Water lacks the taste to keep you drinking and can "turn off your thirst" before you're rehydrated.²² Water also lacks the electrolytes and energy you need to perform your best. If you're looking for performance, you need Gatorade.

4 Drink on a schedule, not just when you're thirsty

Thirst is not a good indicator of fluid needs. By the time you're thirsty, you're already dehydrated. Drink every 10 – 15 minutes during workouts.

4 Don't dilute Gatorade

Gatorade is formulated to provide the greatest benefits when it is consumed without dilution.^{2,27}

Research shows that full-strength Gatorade is absorbed just as fast as water¹¹ and that dilution does nothing to speed up fluid delivery.²⁸

4 Fruit juice is great, except for sports

It can cause G.I. distress (gas and bloating) during activity. Also, diluted fruit juice won't rehydrate you the way Gatorade does.²²

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