

## Guidelines for Proper Hydration

- Weigh before and after exercise especially during hot weather.
- For each pound of body weight lost during exercise, drink 2 cups of fluid.
- Do not restrict fluids before or during an event.
- Drink at least 225–450 ml (1-2 cups) of fluid 2 h before practice or competition.
- Drink at least 110–225 ml of fluid immediately before exercise.
- Drink at least 110–225 ml of fluid every 15-20 min during training and competition.
- Drink at least 225–450 ml of fluid after exercise.
- Drink at least 225 ml of fluid with each meal.
- Drink at least a 225 ml of fluid between meals.
- The replacement drink should contain 80-120 mg sodium per 8 hr.
- The replacement drink should contain 6-8 per cent carbohydrate either as glucose polymers or fructose.
- The drink should be cool.