

# Walk to Health 2015 Sponsors

## Week 7 - Hydration Hints

For regular exercisers maintaining a constant supply of water in the body is essential to performance. Dehydration leads to muscle fatigue & loss of coordination. In a dehydrated state the body is unable to cool itself efficiently, will lack energy and muscles may develop cramps.

- To prevent dehydration, drink before, during and after your workout.
- Drink 17-20 oz. of water two - three hours before the start of exercise.
- Drink 8 ounces of fluid 20-30 minutes during warm-up.
- Drink 7-10 ounces of fluid every 10 - 20 minutes during exercise.
- Drink an additional 8 oz. of fluid within 30 minutes after exercising.
- Drink 16-24 oz. for every pound of body weight lost after exercise.
- Drink before signs of thirst appear-thirst is a signal that your body is already on the way to dehydration.
- Drink more than thirst demands and continue to drink throughout the day.

Happy Hydration!



Co-Sponsor

