

THE

HYDRATION EDGE



YOU'RE HOT, YOU'RE TIRED, YOU'RE SWEATY. DRINK MORE FLUIDS!

Everyone needs to drink plenty of fluids, but it's especially important for athletes, who lose hydration through sweating and breathing hard. The easiest solution? Fluids.

If your event is in really hot weather, if you're continuously moving for more than 60 minutes, or if you have multiple events back-to-back, include a sports drink that contains carbohydrates and electrolytes to help aid hydration. Know what you need.



HOW MUCH FLUID DO YOU NEED?

The right amount of fluid varies for different workouts and events, and in different kinds of weather. Depending on your body size, set a drinking plan.

TIP 1

Drink 6-12 oz. of fluid 4 hours AND then again 2 hours prior to practice or competition

TIP 2

Drink 8-12 oz. of fluid 30 minutes prior to practice or competition

TIP 3

Drink 8-12 oz. of fluid every 15 minutes during practice or competition

DEHYDRATION CAN TIRE YOU OUT AND HURT YOUR PERFORMANCE

TIPS FOR STAYING HYDRATED

- » Know when you're dehydrated. If your urine is light yellow or clear, you're good. If it's dark, you need fluids
- » Drink plenty of fluids especially before, during and after physical activity
- » Drink to replace the weight lost during your workout
- » If you're continuously moving more than 60 minutes, drink a beverage that will give you a carbohydrate/electrolyte boost such as a sports drink
- » After your event, rehydrate with a beverage rich in carbohydrates and electrolytes such as lowfat or fat free chocolate milk (or lactose-free chocolate milk)-- *chocolate milk has a carb: protein ratio of 3:1, is a good source of potassium, and has a moderate amount of sodium*

FOR MORE INFO, PLEASE VISIT DRINK-MILK.COM



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CHOCOLATE MILK