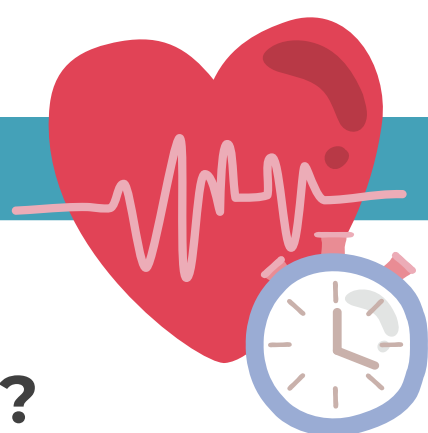


HOW MUCH WATER SHOULD YOU DRINK FOR OPTIMAL HYDRATION?



HYDRATION ESSENTIALS

The body consists of 60% water which is vital for regulating temperature, protecting organs, and aiding digestion.



HOW MUCH WATER SHOULD YOU DRINK FOR A WORKOUT?



BEFORE exercising, consume 1-1.5 standard water bottles (17-20oz) 2-3 hours prior, and about half a standard bottle (8oz) 20-30 minutes prior to starting.

DURING exercise, drink half a water bottle (7-10oz) every 10-20 minutes.

AFTER exercising, replenish with half a bottle (8oz) within 30 minutes.

CHOOSE WISELY



Sports drinks are recommended for high-intensity, long-duration exercises, providing electrolytes and glucose.

Monitor hydration through urine color and sweat loss. Signs of dehydration include fatigue, muscle cramps, and dizziness.



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