

H₂Ohhh Really?

Drink plenty of water daily

There is no truth to the claim that everyone needs exactly eight cups of water a day. Water is important for good health and it is your best choice to satisfy thirst, but other liquids are also hydrating. The amount of water you need to hydrate your body varies daily and depends on factors like your gender, physical size and how active you are, as well as environmental factors like heat and humidity.

Do not drink your calories

8 oz Sweet Tea = 100 calories
12 oz can Soda = 150 calories
8 oz Juice = 120-150 calories

1 Reg Beer=150 calories
1 Lite Beer = 90-120 calories
5 oz Wine = 100 calories



Water or Sports Drinks?

Cool water is often the best choice! However, if your athletic event lasts longer than 1.5 hours, it may be an appropriate time to have a small amount of sports drink. They can help replace electrolytes and replenish carbohydrates to fuel active muscles.

How much water should I drink for exercise?

Before Exercise:

- In the 24 hours before an exercise session – drink generous amounts of fluid.
 - 2 hours before exercise, consume 14-22 oz of fluid

During Exercise:

- Consume 6-12 oz of fluid at 15-20 minute intervals (depending on tolerance).

After Exercise:

- Drink 16-24 oz of fluid for every pound lost during exercise.