Keep Hydrated!

The onset of summer weather means more opportunities to get outdoors! As temps rise, it’s very important to remember to avoid dehydration, especially during physical activity. Here are some tips on beating the heat!

**Drink before and during exercise.**
When you’re exercising for long periods of time or in hot weather, thirst alone isn’t a good indication of how much you need to drink. If you’re dehydrated you may feel uncomfortable, and alternate between being tired and being restless.

**Rule of Thumb**
Drink at least 2 cups of fluid 2 hours before exercise and then drink enough during exercise to match fluid loss in sweat.

For every 20-30 minutes of exercise, drink at least 1 cup of fluid (or as much as you can handle—don’t make yourself sick!).

**Am I drinking enough fluids?**
Next time you go for a workout, try weighing yourself before and after. Any weight loss is due to water loss, and thus needs to be replaced! For every 1 kilogram of weight lost, try drinking 1 litre of fluids to properly replenish.

**Should I drink a sports drink (like Powerade) instead of water?**
If your exercise session is less than 90 minutes, then drinking cold water is great for keeping properly hydrated.

However if you’ve been exercising for 90+ minutes, or if you’re in very hot weather, then yes! Sports drinks are water with electrolytes (salts essential to the body), which are super important in regulating your body fluids. As you exercise, you lose these electrolytes through sweating.

Sports drinks also carry simple carbohydrates (sugars) that are quickly digested to maintain your blood sugar levels. Good for those long endurance runs!


**Image:** http://www.jointventurespt.com/blog/whats_inside_your_water_bottle