



HYDRATION

**STAY HYDRATED,
STAY COMPETITIVE!**

HYDRATION 101

Here's how to ensure your body is performing at its best—before, during and after a workout or game.

BEFORE

- Enjoy water or milk with all your meals and snacks
- Always carry a water bottle
- Drink 8-12 ounces 15 minutes prior to exercise or a game

DURING

- Sip water or a sports drink
- One swallow = 1 fluid ounce
- Aim for 8+ ounces per hour during regular play
- Aim for 16+ fluid ounces per hour during long, hot workouts or games

AFTER

- Choose milk (flavored or plain), smoothies or highwater foods
- Eat a nutritious meal, along with at least 8 ounces of water or milk
- Keep drinking fluids steadily for the rest of the day

Having enough fluids in your body is key to almost everything you do during exercise or sport. The fact is, just a small dip in supply can mean a BIG dip in your performance. Keeping your body topped up with fluids can help promote:



**Improved
Nutrient
Utilization**



Focus



**Maintains
Body
Temperature**



**Better
Digestion**



**Clearer
Thinking**

WHAT ABOUT SPORTS DRINKS?

Wondering if you could benefit from having a sports drink? If at least two of the following apply, the answer is yes.

- If the workout or game is longer than one hour
- If you're exercising or playing in hot weather
- If the activity makes it hard to eat or drink normally
- If the exercise is especially intense
- If you're sweating heavily



HIGH-WATER FOODS TO ENHANCE YOUR EVERYDAY GREATNESS

- Watermelon
- Milk
- Oranges
- Grapefruit
- Yogurt
- Pickles
- Soup/broth
- Lettuce
- Tomatoes
- Berries
- Grapes
- Carrots



DEHYDRATION: WHY RISK IT?

- Intense physical activity
- Excessive sweating
- Loss of energy
- Cramps
- Low fluid intake
- Headache
- Thirst
- Bad mood
- Heat or humidity
- Dizziness
- Nausea
- Poor appetite

BE SURE YOU'RE FULLY HYDRATED

Simply check the color of your urine to be sure you're drinking enough.



For more information on how to fuel your everyday greatness, scan the QR code or visit: winnersdrinkmilk.com

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