

## Hydration Before Activity

Drink 400–600 mL (1½–2½ cups) of water 2 to 3 hours before the start of activity.



## Hydration During Activity

Drink 125 mL (½ cup) of water every 15 minutes during activity.



## Hydration After Activity

Drink 250–500 mL (1–2 cups) of water after activity, until urine is clear.



## What About Sports Drinks?

Athletes **only** need a sports drink when sweating a lot during **intense activity** that is **continuous and lasts more than 1 hour**.