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*.

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