

Fueling for Sport Nutrition

Hydration Before, During and After Activity



2–3 Hours Before Activity

Drink 1½–2½ cups (400–600 mL) of water.



During Activity

Drink ½–1¼ cup (125–300 mL) of water every 15–20 minutes.



After Activity

Drink water to replace lost fluids (until urine is pale yellow).



Make **water** your drink of choice.

Sports drinks are an option when you are intensely active for **more than 1 hour**.