

Hydration



- The American College of Sports Medicine recommends that people drink about 500 ml (half a liter or 17 ounces) of fluid about two hours before exercise. Water is the best choice in most circumstances. Then drink 250 ml 10-15 minutes before exercise.
- Drink 250 ml every 15 minutes during exercise to replenish water lost to sweat
- Do not drink caffeinated beverages at least 2 hours before or after exercise ideally it causes your body to eliminate extra fluid.
- If you are on fluid restrictions do not increase your fluid intake for exercise

What about Sports Drinks?

Sports drinks can be helpful to athletes who are exercising at a high intensity for 60 minutes or more. For most people who exercise at moderate intensity water is the best choice. If you really don't enjoy drinking plain water, try adding some flavour yourself with some fresh lemon, mint, lightly pressed berries, or many other options! There are also several flavoured water options available at the grocery store.

Fruit juice works fine too. (eg. $\frac{1}{2}$ juice and half water).

Knowledge is Power!

We have a library of books, magazines, exercise DVDs, Nordic poles, heart rate monitors for home use.....and more. Please borrow anything that interests you or will help you meet your goals.

ASK US HOW TO SIGN THEM OUT!!

