

RUN ON WATER

**According to National Academy of Sports Medicine,
the recommendations are;**

Women; 2.7 L or 95 oz DAILY

Men; 3.7 L or 125 oz DAILY

EVERYONE;

2 hours BEFORE workout - 14-20 oz (1.75-2.5 cups)

15 minutes BEFORE workout - 16 oz, as tolerated

**DURING 1-hour workout - 16-32 oz (or 4-8 oz every
15-20 minutes)**

**AFTER workout; 50 oz per 1lb (2.2 kg) lost due to
sweating**

Did you know....

**Of the 1,000 mL of fluid you consume in beverages,
400mL can leave your body through sweating.**

**Of the 600-800 mL of fluid you consume in food, 900-
1200 mL can leave your body in urine.**

**Of the 200-300 mL your body uses in metabolic
processes, your lungs may use 300mL, and you may
excrete 200 mL.**

Hydrate, and stay cool.



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ACTIVE
ADULTS

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