

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.