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# HYDRATION DURING EXERCISE

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ENSURING THAT YOU STAY HYDRATED BEFORE, DURING & AFTER EXERCISE IS ESSENTIAL AS THE BODY LOOSES VITAL FLUIDS WHEN THE BODY IS EXERTING ITSELF.



## BEFORE

DRINK APPROXIMATELY 500ML  
OF WATER AROUND 2 HOURS  
PRIOR TO STRENUOUS EXERCISE

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## DURING

CONSUME AROUND 400 - 1000ML  
OF WATER EVERY HOUR. DRINK  
SMALL AMOUNTS FREQUENTLY



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## AFTER

WITHIN 30 MINUTES OF EXERCISING,  
DRINK AN ADDITIONAL 250ML OF  
WATER AND USE REHYDRATION  
SUPPLEMENTS

**JUST 0.1%**

DEHYDRATION CAN INCREASE  
CARDIOVASCULAR STRAIN &  
LIMIT THE BODY'S ABILITY

## HELENA SMALL FRY FOOTBALL

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