



# HYDRATE... FOR THE WIN!

- **Drink water before feeling thirsty.** Activity dulls the thirst signal, so you may already be dehydrated by the time you feel thirsty.
- **Make drinking water easier.** Keep it close by in the right container and temperature for your own liking. Naturally flavour your water with fresh vegetables, fruit or herbs.
- **Skip sugary drinks.** Sugar increases risk of dental cavities. It can also make it harder to absorb water and may cause stomach upset.
- **Hydrate before activity.** Drink 1.5 - 2.5 cups of water up to 3 hours before your activity.
- **Hydrate during and after activity.** Drink enough water to replace what you lose in sweat. Drink 0.5 cups of water every 15 minutes during and 1-2 cups after your activity.



**Eat Healthy  
Play Healthy**



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