



FROM THE DESK OF **TARA COLLINGWOOD** SPORTS NUTRITIONIST

# HYDRATION TIPS

## BEFORE EXERCISE

- ✓ **>16 oz. water**  
2-3 hours before exercise
- ✓ **8 oz. water**  
5-30 minutes before exercise



## DURING EXERCISE

- ✓ **4-8 oz. water or sports drink**  
every 15-20 minutes



**Choose a sports drink if exercising for more than 60 minutes**

Sports drinks contain fluid to help you hydrate, electrolytes to replace what was lost in sweat, and sugar as a quick energy source

## AFTER EXERCISE

- ✓ **16-24 oz. of water for every pound lost**  
within 2 hours after exercise
- ✓ **8 oz. of Nesquik**  
within 30 minutes of stopping exercise



**Nesquik contains fluid to help you hydrate, carbohydrates to replenish energy, and protein to build muscle**

NESQUIK IS THE OFFICIAL CHOCOLATE MILK OF

