

## DO YOU NEED SPORTS DRINKS FOR EXERCISE?

Unless you are exercising for more than one hour, **water is the best choice for rehydration.**

For exercise periods over one hour, sports drinks are helpful for replacing energy, fluids and some salt lost from the body during a workout

**DRINK WATER ON A REGULAR BASIS TO MAINTAIN A HEALTHY BODY**



MINISTRY OF HEALTH

JAMAICA  
MOVES



# PHYSICAL ACTIVITY & WATER



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# PHYSICAL ACTIVITY & WATER

It is important to drink water before, during, and after any form of physical activity.

Water is necessary for hydration, that is, to maintain the fluid level in the body.



## BENEFITS OF WATER DURING EXERCISE


-  HELPS TO MAINTAIN ADEQUATE FLUID IN THE BODY
-  KEEPS THE BODY COOL
-  PREVENTS MUSCLE FATIGUE
-  AIDS IN QUICKER RECOVERY AFTER WORKOUT




## HOW TO MAKE SURE THAT YOUR BODY HAS ENOUGH WATER

  
Drink water before you feel thirsty

  
Drink cool water, it helps to lower your body temperature

  
Do not skip water stations if you are running a race

  
Carry a bottle of water and drink it





  
Weigh yourself before and immediately after exercise and replace each pound lost with 2 cups of water

## DID YOU DRINK ENOUGH WATER?

If you do not drink enough water, especially when exercising, you can become DEHYDRATED.

Dehydration means your body does not have as much water and fluids as it should.

Some signs of dehydration are:

-  **Increased Thirst**
-  **Dry Lips, mouth and skin**
-  **Headaches**
-  **Lethargic (Extreme Tiredness)**

## SO REMEMBER, KEEP HYDRATED!

