

## 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**



RKA Building,  
10-16 Grenada Way, KGN 5  
1-876-633-8172

jamaicamoves.com  
876-297-MOVE (6683)



@Jamaica\_Moves

30 minutes of physical activity each day along with healthy eating can lower your risk of non-communicable diseases (NCDs) e.g. diabetes, hypertension, cancer, heart related diseases.



## PHYSICAL ACTIVITY & WATER







# 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

## HOW TO TELL IF YOU ARE DEHYDRATED

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

Signs of dehydration are:

-  **INCREASED THIRST**
-  **DRY LIPS, MOUTH AND SKIN**
-  **HEADACHES**
-  **DIFFICULTY BREATHING, DIZZINESS AND WEAKNESS**
-  **INCREASED BODY TEMPERATURE**
-  **INCREASED BREATHING AND PULSE RATE**
-  **DARK COLOURED URINE/ INFREQUENT URINATION**
-  **MENTAL CONFUSION**
-  **CONSTIPATION**
-  **RESTLESSNESS/LETHARGY**
-  **WHEEZY BREATHING**

