



## Keeping Hydrated

Heat exhaustion can be avoided by following these simple tips:

- Drink enough fluid to replace your sweat.
- Refill your water bottle at every opportunity.
- Remind your friends and team members to drink.
- Don't ignore the signs of heat exhaustion.
- Call for assistance if you or your friend is suffering from any one of the heat exhaustion symptoms, which include dizziness, nausea, fatigue, unsteadiness, weakness, rapid pulse, headache and shortness of breath.

### How much fluid does your body need during exercise?

Before: Always start every exercise session well hydrated. Drink 300-500ml of fluid in the 15 minutes before your workout.

During: Aim to drink 150-250ml every 15 minutes to offset fluid losses – drinking smaller volumes more frequently minimizes stomach discomfort. Remember, the more you sweat, the more you need to drink.

After: How much fluid you need depends on how much you lost. Try to drink 1 litre of water for every hour of exercise.

### What should you drink?

Don't overlook water as a great fluid choice. Water is easy and kilojoule-free. Sports drinks are suitable during and after longer, higher intensity exercise sessions as they contain carbohydrates (4-8%) and electrolytes to aid fluid absorption. Carbohydrates provide an added energy source, and electrolytes replace salts lost in sweat.