

Name _____

Hydration 101: What to Drink Before, During, and After Exercise

Multiple Choice Questions

1. Why is it important to begin hydrating before exercise?
 - a) It helps you lose weight
 - b) It prevents muscle cramps
 - c) Dehydration can lead to fatigue and decreased exercise performance
 - d) It makes you exercise longer

2. What should you do if you'll be exercising intensely or for an extended period in hot conditions?
 - a) Drink excessive water before exercise
 - b) Avoid drinking any fluids during exercise
 - c) Consider a sports drink with electrolytes
 - d) Drink only plain water during exercise

3. What is a good indicator of your hydration status after exercise?
 - a) The color of your hair
 - b) The color of your shoes
 - c) The color of your urine
 - d) The color of your workout clothes

4. What is a common myth about hydration during exercise?
 - a) Sipping water during exercise is essential
 - b) Overhydration before exercise is necessary
 - c) Thirst is not a reliable indicator of your body's need for fluids
 - d) Sports drinks can be beneficial for prolonged, intense workouts

5. What is a recommended post-workout strategy for replenishing electrolytes?
 - a) Drink plain water
 - b) Consume foods or drinks rich in electrolytes
 - c) Avoid consuming any fluids
 - d) Skip post-workout hydration

