Name _____

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

Short Answer

1. How can you tell if you're properly hydrated during a workout?

2. Explain why overhydration before exercise is not recommended.

3. What are some examples of foods or drinks rich in electrolytes that can help with post-workout replenishment?

4. Why is it important to consume a balanced meal or snack with protein and carbohydrates after a strenuous workout?

5. How can a hydration pack with a reservoir and straw be beneficial during exercise?

© ReadingDuck.com