

Name _____

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

Open-Ended Response Questions

1. Share a personal experience where proper hydration positively impacted your exercise performance.
2. Discuss the role of electrolytes in maintaining hydration balance during exercise and provide examples of electrolyte-rich foods.
3. Explain the concept of "listen to your body" when it comes to hydration during exercise and provide practical tips for doing so.
4. Describe a scenario where someone might benefit from a sports drink with electrolytes during exercise, and why it can be more effective than plain water in that situation.

