

Name \_\_\_\_\_

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

### Short Answer Key

1. You can tell if you're properly hydrated during a workout by monitoring your thirst level and sweating rate. If you're sweating moderately and feel thirsty, you're likely properly hydrated. If you're not sweating and don't feel thirsty, you may be overhydrated.
2. Overhydration before exercise is not recommended because it can lead to discomfort and may dilute the body's electrolyte balance, potentially causing a condition known as hyponatremia.
3. Examples of foods or drinks rich in electrolytes include bananas (potassium), oranges (potassium), coconut water (potassium and sodium), and sports drinks (sodium and potassium).
4. After a strenuous workout, consuming a balanced meal or snack with protein and carbohydrates is important because it helps with muscle recovery and replenishes glycogen stores, providing energy for future workouts.
5. A hydration pack with a reservoir and straw can be beneficial during exercise as it allows for easy sipping without the need to stop or slow down, making it convenient for activities like long-distance running or hiking.

