

Name _____

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

Open-Ended Response Answer Key

1. Responses may vary but could include stories of improved endurance, reduced muscle cramps, or enhanced overall performance due to proper hydration.
2. Electrolytes play a crucial role in maintaining hydration balance during exercise by helping regulate fluid levels and muscle function. Examples of electrolyte-rich foods include leafy greens (potassium), nuts (magnesium), and dairy products (calcium).
3. "Listening to your body" during exercise means paying attention to your thirst cues and recognizing when you need fluids. Practical tips include sipping water regularly, not waiting until you're extremely thirsty, and adjusting your fluid intake based on the intensity and duration of your activity.
4. Someone might benefit from a sports drink with electrolytes during exercise if they are engaging in intense, prolonged physical activity, such as a marathon or a high-intensity sports match. Sports drinks help replace lost electrolytes and provide energy in the form of carbohydrates, which can enhance performance in such scenarios.

