

PERFORMANCE NUTRITION

PLAY OF THE DAY:

HYDRATION

If you want to reach and maintain peak performance, concentration and focus throughout your workout, game or practice, be sure to hydrate before, during and after with plenty of **water**.

Target:

- ✦ Drink 1 - 2 cups of **water** pre-workout
- ✦ Drink 1 cup of **water** every 15 minutes during workout
- ✦ Drink 1 – 2 cups of **water** immediately post-workout
- ✦ Sip on **water** throughout the day (pre & post-workout)

Note:

Sports drinks are only appropriate during exercise that exceeds 60 minutes, or if a heavy sweat is induced.

Energy drinks can cause dehydration. Avoid if you want optimal performance on a consistent basis.



EVERY DAY IS GAME DAY.



EXOS™