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.