

Health and Fitness

Tip of the Month

School sports are in full swing, and athletes have a special need for water.

When you feel exhausted and hot during a workout or game, guzzling down large amounts of water can cause stomach cramps. To avoid this, drink about 1 cup (6 to 8 ounces) of **cool** water every 15 to 20 minutes during the sport activity.

To maximize your performance, follow these guidelines for staying hydrated:

- Don't wait until you are thirsty to drink water.
- Drink more than enough to satisfy your thirst.
- Get your body fully hydrated by drinking more than you think you need **before** an event or practice session.



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