



## Hydration

Hydration is extremely important for your health and well being.

Proper hydration has many benefits.

Water helps to cleanse your body, inside and out.

It can help to keep your skin clear and refreshed.

It can help control appetite which can help with weight loss.

It can help regulate your body temperature and also helps your muscles and joints work better.

The benefits are endless!

How much water should I drink daily?

A good general rule to follow is to drink eight 8oz glasses per day. You can remember this as the 8x8 rule.

How much water should I drink during exercise?

**Before Exercise:**  
2 hours before  
drink 16 oz of water

**During Exercise:**  
Bring a 16oz water bottle  
and drink throughout

**After Exercise:**

If you want to be precise,

Weigh yourself before

and after you finish exercising.

For each pound of water weight you lose, drink 20oz of fluid.