



## How much water should you drink when you exercise?

Drinking water is essential to having a productive workout. Always start your workouts fully hydrated.



The exact amount of water you need varies based on factors such as age, gender, height and weight. Exercise intensity, duration and the climate in which you are exercising may also affect the amount of water you should consume.

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The American Council on Exercise suggests the following guidelines for drinking water before, during and after exercise:



### Before

Consume 15 to 20 oz. **2 hours** before your workout



### During

Drink 7 to 10 oz. **every 10 to 20 minutes** while exercising



### After

Drink 8 oz. within **30 minutes** of completing your workout

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### **Increase your water intake if:**

- You have a high BMI or tend to sweat a lot
- You are exercising in hot or humid weather

### **Add a splash of flavor.**

If you find yourself fighting sugar cravings, try adding fresh fruit to your water. Orange slices add a boost of vitamin C, and fiber-filled blackberries aid in digestion.



### **From the expert**

“Proper hydration is extremely important for an effective exercise routine. Water regulates your body temperature, lubricates your joints and helps transport nutrients to give you energy.”

— Olga Hays, ACE-certified personal trainer and health promotion specialist at Sharp HealthCare



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