Why is it important to stay hydrated while exercising?
Your muscles won’t perform at their best if your body is dehydrated. Dehydration can cause nausea and vomiting, a general feeling of weakness, headaches and muscle cramps.

How can I tell if I am hydrated?
Having clear to pale yellow (lemonade color) urine is a way to tell if you are properly hydrated. Using thirst to tell if you’re hydrated isn’t recommended because you may already be dehydrated before your feeling of thirst kicks in.

How much water should I drink before exercising?
Drink 2 cups (16 ounces) of water 2 hours before. It doesn’t matter if the water is cold or warm. Drink one more cup about 15 minutes before.

How much water should I drink while exercising?
About ½ cup (4 ounces) every 15-20 minutes of moderate exercise. This is a must in Hawaii, where our weather is always warm and the humidity is high.

Do sports drinks help my body perform better?
Water is the best drink to keep you hydrated. Drinks that contain vitamins haven’t been shown to improve your exercise performance.

Do I need sports drinks to replenish my salts and carbohydrates while exercising?
If you’re intensely exercising for longer than 60 minutes or if you’re a heavy sweater then sports drinks may be good to replace the salts and energy that you lose. Drink a few gulps every 15-20 minutes. If you’re exercising for less than 1 hour then you don’t need the extra calories and sugars from sports drinks; one bottle of sports drink can contain as much sugar as a can of soda.

What if I have diabetes?
People with diabetes need to take special precautions with exercise to prevent low blood sugars. It’s a good idea to check your blood sugars before you exercise. Eat a small snack if your level is below 100 mg/dl. Diluted sports drinks may be useful in preventing low blood sugars during long periods of exercise.
FRUIT INFUSED WATER
Try these recipes for a refreshing, low-calorie beverage.

Place the following ingredients in a pitcher. Gently crush with a spoon to release the flavors. Add 2 quarts of water and chill overnight.

- Crush 4-5 mint leaves in your hand. Add 1 cup of halved strawberries and 1 thinly sliced lemon.
- Core and thinly slice 2 apples. Add 3 whole cinnamon sticks.
- Crush 3 mint leaves in your hand. Add 1 thinly sliced cucumber and 4 kalamansi limes that have been quartered.
- Thinly slice 1 lime. Add 1 cup of honeydew melon cubes and 1 cup of thinly sliced cucumber.

YOUR HEALTH ONLINE AT KP.ORG – Shortcuts to better health.

kp.org/livehealthy – Tools and tips to help you live healthier.
kp.org/nutrition – Make healthy food choices every day.
kp.org/recipes – Cook healthier at home.
kp.org/fitness – The benefits of being fit.
kpkids.us – Teach your keiki healthy habits.
kp.org/farmersmarket – Find a Kaiser Permanente farmer’s market near you.
kp.org/nourish – Online assessment and coaching program to help you make healthy food choices.
kp.org/balance – Online coaching program to help you lose weight.