

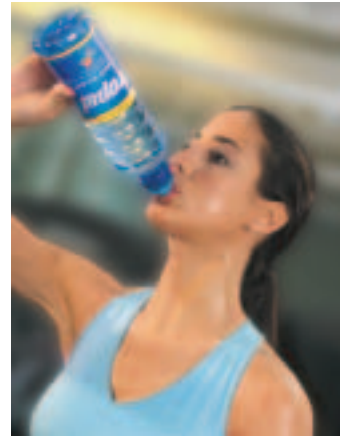
Better Hydration = Better Workouts

To help you stay hydrated while working out, follow these simple steps to estimate how much you need to drink:

We've all experienced it at some point while working out — fatigue sets in, your mouth feels dry and your legs feel like lead. These are all common signs of **dehydration**. Although everybody knows how important it is to drink, when we consume plain water the taste tends to be just that — plain — often making it difficult to drink enough to stay properly hydrated. According to one national survey, almost **half** of all fitness enthusiasts noted the reason they don't drink enough water is that they get bored with the taste of plain water.¹

* In fact, research shows that *people who drink plain water during exercise tend to replenish only about 50% of the fluids they lose.*²

The good news is that you can easily avoid dehydration and help ensure a better workout. Here are some easy tips and guidelines for drinking up:



Signs of Dehydration → Thirst, Fatigue, Nausea, Light-Headedness, Dark Urine

Did You Know:

- New research suggests that nearly half of all exercisers arrive at the gym already dehydrated even before they begin their workouts.³
- Dehydration makes your workout “feel” harder.⁴
- As little as 2% dehydration can cause a drop in endurance.⁵
- Exercisers who drink fluid may go 33% longer in training than exercisers who don't drink anything.⁶
- By the time active people become thirsty, they are already dehydrated.⁷

Tips to Help You Stay Hydrated:

- **Weigh yourself before and after exercise** to project sweat lost and fluid needs. Drink to match your sweat loss — no more, no less. If you've lost a pound or more right after exercise, that is fluid loss, and it means that you need to hydrate.
- **Think of fluids as essential equipment for your workout.** Always pack a bottle of fluid to bring to your workout just as you would pack headphones or a sweat towel.
- **Incorporate fluid breaks into your routine.** It's important to drink on schedule and not just when you feel thirsty. Make it a goal to drink in between training intervals or at set increments throughout your workout (i.e., every 15 minutes).
- **Drink a beverage that has flavor.** Research shows that people will drink more of a lightly flavored beverage than plain water.² A lightly flavored, low-calorie water such as Propel Fitness Water helps active people stay better hydrated than when drinking plain water and get more from their workouts.
- **Gauge the amount of fluid you consume by “gulps.”** One “gulp” usually equals about one ounce. A good rule of thumb is to drink 7 – 10 gulps every 15 minutes of exercise.
- **What you drink today will help prepare you for tomorrow's workout.** Make hydration part of your lifestyle by drinking first thing in the morning and last thing at night.

¹ Survey conducted on behalf of the University of Texas at Austin and Propel Fitness Water by MarketFacts Telenation.

² Passe, D., Sports Drinks - Basic Science & Practical aspects, Maughan, R.S. & Murray, R (Eds.) New York: CRC Press, 2001 Chapter 3.

³ Stover, B. et al. Canadian Journal of Applied Physiology 28 suppl s105, 2003.

⁴ Fallowfield, JL et al. J Sports Sci 14:497-502, 1996.

⁵ Perspectives in Exercise Science and Sports Medicine, Vol 3, 1990, p. 15.

⁶ Fallowfield, JL et al. J Sports Sci 14:497-502, 1996.

⁷ Greenleaf, J.D. Med Sci Sports Exerc 24:645-656, 1992.

For more information on exercise science or hydration, visit www.propelwater.com or the Gatorade Sports Science Institute at www.gssiweb.com.