

## VIS Nutrition Tip: Summer Hydration

Monday, 16 December 2013



As the weather starts to warm up, it is timely to think about our hydration needs. Ensure you are drinking enough water daily (sip sip sip) and fully replace sweat losses during and after exercise or training.

Pre and post training weigh-ins are a good way to determine your sweat losses and hence fluid needs. For heavy sweaters and those with higher energy needs, a sports drink will help the rehydration process.

Keep a drink bottle on your desk, in the car and carry one with you wherever you go and avoid dehydration this summer.