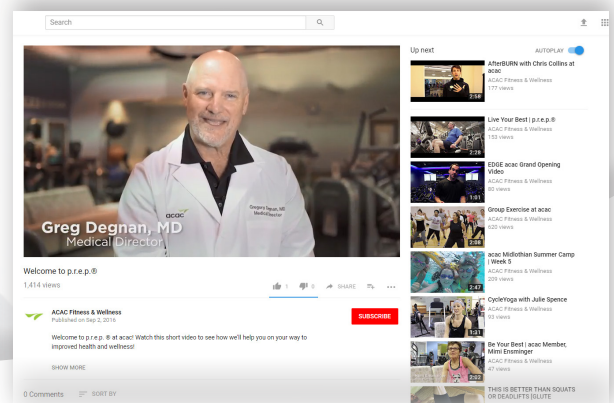


Hydration Tips from Dr. Greg Degnan

acac's Medical Director



1. Always hydrate before you exercise
2. Water is the best form of hydration during exercise and in hot weather. Sports “replacement” drinks are only effective or necessary for endurance athletes - sugary drinks will not effectively hydrate you
3. Drink while exercising – if you are thirsty you are already becoming dehydrated
4. Your urine should be clear to pale. Dark yellow or orange urine is a danger sign
5. If you are not sweating in hot weather or during vigorous exercise then **STOP and Hydrate**. You are in the early phase of heat exhaustion/heat stroke
6. Every pound of weight loss during exercise requires a minimum of 1 pint of water for replacement. Weigh yourself before and after vigorous exercise or exercise in the heat of the day



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physician referred exercise program

Visit [acac.com/prep](https://www.acac.com/prep), and go to the educational videos for more great information.

For more information on hydration, visit:

<https://www.fitnessmagazine.com/recipes/drink/hydration-tips/>