

KEEPING HYDRATED

Heat exhaustion can be avoided by following these simple tips:

- Drink enough fluid to replace your sweat;
- Refill your water bottle at every opportunity;
- Remind your friends and team members to drink;
- Don't ignore the signs of heat exhaustion;
- Call for assistance if you or your friend is suffering from any one of the heat exhaustion symptoms, which include **dizziness, nausea, fatigue, unsteadiness, weakness, rapid pulse, headache and shortness of breath.**

How much fluid does your body need during exercise?

Before: Always start every exercise session well hydrated. Drink 300-500ml of fluid in the 15 minutes before your workout.

During: Aim to drink 150-250ml every 15 minutes to offset fluid losses – drinking smaller volumes more frequently minimizes stomach discomfort. Remember, the more you sweat, the more you need to drink.

After: How much fluid you need depends on how much you lost. Try to drink 1 litre of water for every hour of exercise.

What should you drink?

Don't overlook water as a great fluid choice. Water is easy and kilojoule-free. Sports drinks are suitable during and after longer, higher intensity exercise sessions as they contain carbohydrates (4-8%) and electrolytes to aid fluid absorption. Carbohydrates provide an added energy source and electrolytes replace salts lost in sweat.