

ATHLETE HYDRATION GUIDE

HYDRATE SMARTER. PERFORM STRONGER.

Proper hydration fuels your body, supports focus, prevents cramps, and helps you perform your best.



REPLENISH
what you lose



SUPPORT
performance



STAY
focused

WHY HYDRATION MATTERS



REGULATES BODY TEMPERATURE

Helps keep you cool and prevents overheating.



MAINTAINS PERFORMANCE

Even 2% dehydration can reduce speed, strength and endurance.



PREVENTS CRAMPS

Helps maintain electrolyte balance for muscle function.



SUPPORTS FOCUS

Hydration helps your brain stay sharp and reaction time fast.



SPEEDS RECOVERY

Replaces fluids and nutrients your body uses and loses.

KNOW YOUR NUMBERS

Hydration needs are different for everyone. Use these as a starting point.



DAILY FLUID GOAL

Drink $\frac{1}{2}$ your body weight (lbs) in ounces.
Example: 150 lb athlete = 75 oz per day



SWEAT LOSS DURING EXERCISE

Drink 5–10 oz every 15–20 minutes during training.



WEIGH YOURSELF

Before and after practice.
Replace 16–24 oz of fluid for every pound lost.

CHECK YOUR URINE COLOR

Aim for pale straw color.



Hydrated



Good



Dehydrated



Very Dehydrated

BEFORE PREPARE YOUR BODY



16–20 oz of fluid
2–3 hours before
practice or competition.



8–10 oz of fluid
10–20 minutes before
you start.

DURING STAY AHEAD OF SWEAT



5–10 oz every 15–20
minutes during exercise.



Use a sports hydration
drink with electrolytes
during longer or intense
sessions (60+ minutes).

AFTER REPLENISH & RECOVER



16–24 oz of fluid for
every pound lost.



Refuel with carbs and
protein within 60 minutes
to support recovery.

WHAT TO DRINK



WATER

Great for daily hydration
and practices under 60 minutes.



SPORTS HYDRATION DRINK

Use for intense exercise lasting
60+ minutes or in hot conditions.
Replaces fluids, electrolytes,
and helps maintain performance.



RECOVERY DRINK

After intense training or competition
to rehydrate and refuel.

ACUITY SPORT ADVANTAGE

- ✓ Optimized electrolytes
for fast hydration
- ✓ L-Theanine for calm
focus (no caffeine)
- ✓ Clean, easy-to-digest
ingredients
- ✓ Designed by a coach
for athletes

TIPS TO REMEMBER



BE CONSISTENT

Hydrate all day, every day.
Don't wait until you're thirsty.



HOT, HUMID, HIGHER SWEAT

Increase fluids and electrolytes
in hot weather.



TRAVEL SMART

Air travel dehydrates you.
Drink extra fluids.



SLEEP & RECOVER

Good sleep + hydration
= better performance.



**ACUITY
SPORT**

Hydration is not just about drinking more.
It's about drinking smart.

HYDRATE. FOCUS. PERFORM.

Learn more. Get free samples.

ACUITYSPORT.COM

