

## *optimal***SPORTING** Tip



### *How much do I need to drink?*

*Many athletes question how much they should drink. To measure your hydration, record your body weight before and after training. The goal is to lose no more than 2% of your body weight during your training. We recommend athletes to drink at least 150-200 ml (5-7 oz) of liquid every 10-15 minutes during your training or competition. And if you continue to lose weight then increase this amount.*

*Every athlete is different, so take the time to find out your best hydration strategy.*

Want to know more? Contact Greg to find out how we can improve your performance  
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*optimal***SPORTS**  
*physical conditioning*