HYDRATION

BEINE
WELLNESS BUILDING
GENETIC SPORTS PERFORMANCE



Daily Hydration #1 Goal = Half of your body weight in ounces + 20 additional ounces as a swimmer.

What counts as liquid ounces? *Water, Juice, Protein Drink, Electrolytes, Milk*

4 KEY ELECTROLYTES

Each are important during practice to support muscle energy and recovery.

11	19	20	12
22.989	39.098	40.078	24.304
Na	**K**	**Ca**	**Mg**
Sodium	Potassium	Calcium	Magnesium

DURING PRACTICE



During practices lasting more than one hour, make sure to drink the 4-key electrolytes and carbs.

Good Options



CRAMPS

Cramping typically happens with a lack of electrolytes - specifically sodium and magnesium.

