



# Water needed after exercise

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The American Council on Exercise has suggested the following basic guidelines for drinking water before, during, and after exercise:

- Drink 500 ml to 600 ml of water 2 to 3 hours before you start exercising.
- Drink 250 ml of water 20 to 30 minutes before you start exercising or during your warm-up.
- Drink 200 ml to 300 ml of water every 10 to 20 minutes during exercise.
- Drink 250 ml of water no more than 30 minutes after you exercise.

Athletes may want to measure how much fluid they lose during exercise to get a more specific measurement of how much water to drink (500 ml to 700 ml of water for pound of body weight lost).

## ▼ Dehydration symptoms

- Dizziness or lightheaded feeling.

- Nausea or vomiting.
  - Muscle cramps.
  - Dry mouth.
  - Lack of sweating.
  - Hard, fast heartbeat.
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## ▼ Sources

<https://familydoctor.org/athletes-the-importance-of-good-hydration/>