

Summer Heat is upon us...Stay Hydrated

We all know the benefits of drinking plenty of water, but when it comes to summer workouts, water can be lifesaving. When you work out in hot temperatures, you lose a lot of body moisture in the form of sweat. In fact, the average person sweats between 0.8 and 1.4 liters per hour during exercise – and that's in normal conditions.

Experts recommend drinking 17 to 20 ounces of water two to three hours before exercising, followed by another 8 ounces during your warm-up. Down another 7 to 10 ounces for every 10 to 20 minutes of exercise, and then 8 more ounces about 30 minutes following your workout.

When determining adequate water intake, you'll also want to consider replenishing your electrolyte and salt intake. A sports drink can get the job done in a pinch.