HOW MUCH WATER SHOULD YOU DRINK WHILE EXERCISING

Drink **17 to 20 ounces** of water **2 to 3 hours** ***before*** you start exercising

Drink **8 ounces** of water **20 to 30 minutes** ***before*** you start exercising or during your warm-up

Drink **7 to 10 ounces** of water every **10 to 20 minutes** ***during exercise***

Drink **8 ounces** of water no more than **30 minutes** ***after*** you exercise

	EXERCISE INTENSITY	EXERCISE DURATION	AMOUNT OF WATER
5'5" / 145 lbs.	*low*	30 minutes	10 oz
		60 minutes	24 oz
		90 minutes	34 oz
	medium	30 minutes	14 oz
		60 minutes	27 oz
		90 minutes	44 oz
	high	30 minutes	17 oz
		60 minutes	34 oz
		90 minutes	51 oz
5'10" / 185 lbs.	*low*	30 minutes	14 oz
		60 minutes	24 oz
		90 minutes	37 oz
	medium	30 minutes	14 oz
		60 minutes	30 oz
		90 minutes	44 oz
	high	30 minutes	17 oz
		60 minutes	34 oz
		90 minutes	54 oz

And what about electrolytes?
Despite what the sports drink commercials say, every gym session doesn't require a 24oz bottle of bright blue juice. When exercising for more than an hour, though, make sure to re-stock the bod with electrolytes in the form of carbohydrates and sodium. Choose a sports drink with **120-170 mg of sodium per 8oz** serving and not too much added sugar.

However, hydration is dependent on specific factors like:

GENDER | AGE | HEIGHT | WEIGHT

EXERCISE INTENSITY | DURATION OF EXERCISE

MEN tend to require MORE WATER for the same intensity level and duration of exercise than women since they tend to be larger.

People with a HIGHER BMI need to drink more during exercise for the same reason.

The following information is based on men and women of roughly average size, aged 28 years old, who are running in warm (but not hot) conditions.

Note: Being off by a few ounces likely won't adversely affect your health (although it might make you have to use the restroom more frequently), but even so, these calculations are very much based on average measurements, so take 'em with a grain of salt. If you have a serious medical condition or are currently training for an elite competition, chat with a doctor or dietician about your exact hydration needs.

Colder water keeps the body temperature lower for longer, preventing heat-related stress and fatigue.

People who have ***saltier sweat*** should hydrate with a combination of water and sports drinks during and after exercise to avoid hyponatremia (low blood sodium caused by excess water).

Does a workout leave you drenched while your gym buddies are just glistening? You're probably a ***heavier sweater,*** and should compensate by drinking at the higher end of the recommended ranges.

Some people can tolerate a stomach full of liquid while working out, and others cannot. Some types of exercise (hello, sprint intervals and upside-down yoga poses) are not conducive to having a gut full of fluid. If you're just getting started with a new fitness regimen, drink at the lower end of the recommended ranges until you ***understand how the exercise affects your body.***

In high temperatures or humid conditions, bump pre- and post-exercise hydration to 16 oz before and after working out. If you're exercising for longer than an hour, definitely supplement water with a ***sports drink,*** even if you usually don't.

Not a fan of bottled sports drinks? ***Coconut water*** has as much potassium as a banana and sodium, magnesium, calcium, and phosphorus to boot. (So basically, it's a smart sub for artificial electrolyte-boosters.)

After exercise, consider hydrating with tart cherry juice, which ***speeds muscle recovery,*** or chocolate milk, which contains protein for building muscle as well as carbs, sodium, and calcium.