

PERFORMANCE NUTRITION



SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

HYDRATION

Dehydration can increase levels of stress hormones, which can lower your immune response. Drink fluids such as water, carbonated water, milk, tea or coffee through the day. If your first pee after waking up is the colour of lemonade, great job!!



SET SMALL HYDRATION GOALS!



SET UP PROMPTS TO REMIND YOU TO DRINK UP!

- Use phone or watch alarms
- Mark your water bottle to hit fluid targets over day



KEEP FLUIDS VISIBLE!

- Out of sights usually means out of mind



TRAIN THE BODY

- Work up gradually to reduce frequent trips to the bathroom



DRINK UP WITH MEALS AND SNACKS

- The natural electrolytes in food will help you retain fluid better = better hydration & less bathroom breaks

ALL FLUIDS COUNT TOWARD DAILY HYDRATION!



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