

# Perform Your Best When It's Hot!

**Peak performance requires unlimited access to water during hot weather**

- ✦ **Drink two 8 ounce glasses of water, juice, or a sports drink up to two hours before physical activity**
- ✦ **Drink 4 to 8 ounces or more of water or sports drink 5-10 minutes before physical activity**
- ✦ **Drink 8 to 10 ounces of fluid, or as much as you can tolerate, every 15 to 20 minutes during intensive physical activity**
- ✦ **Avoid drinks with caffeine - they may cause muscle cramping**
- ✦ **Eat plenty of fruits and vegetables to maintain adequate amounts of sodium, calcium, and potassium**
- ✦ **Taking salt tablets is NOT recommended – Most foods provide enough sodium**

*References: Nancy Clark's Sports Nutrition Guidebook, 2nd Edition. Human Kinetics, 1997.  
Principles of Athletic Training, 8th Edition. Mosby-Year Book, Inc., 1993.*