



# THE IMPORTANCE OF DRINKING BEFORE, AFTER & DURING YOUR AJ

We are made of up to 60% water! Therefore, it's really important to stay hydrated so our bodies can function at their best. When you sweat you can lose anywhere from 100 millilitres to several litres per day, depending on your activity level and the temperature.

## INADEQUATE WATER CONSUMPTION CAN LEAD TO:

- 💧 **MUSCLE CRAMPS**
- 💧 **LIGHTHEADEDNESS AND FATIGUE** - the heart must work harder to get blood to the working muscles - when there's not enough water in blood, both blood volume and blood pressure drop, resulting in dizziness and tiredness.
- 💧 **HEADACHES** – your brain is 70% water ... so your brain has just temporarily shrunk from fluid loss. This shrinking causes the brain to pull away from the skull, causing pain.
- 💧 **POOR CONCENTRATION**
- 💧 **MOODINESS**

Unfortunately, if you are feeling some of these symptoms you are already dehydrated!

## TIPS FOR STAYING HYDRATED:

- 💧 • **Begin drinking** at least 30 **MINS BEFORE** you start your AJ
- 💧 **CONTINUE TO DRINK** - a few mouthfuls regularly rather than heaps all at once
- 💧 **AIM FOR 500mls - 1 litre per hour**, depending on the temperature and how you feel...
- 💧 **HYDROLYTE SACHETS OR SPORTS DRINK POWDER** – can be beneficial, but only on super-hot days and only in limited amounts
- 💧 remember to fuel your body with **NUTRITIOUS FOOD** as well to replace important vitamins and minerals



**Somerset**  
Outdoor Learning – Colo River