

# How to Hydrate for Your Active Life

## What to drink before, during and after exercise.

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### Staying hydrated is an important aspect of exercise.

So what type of beverage is best? Find out when you should use sports drinks, coconut or electrolyte waters, juice or just plain water.

**Water.** Drink It When: You're thirsty. Zero calories and free, water should be your everyday go-to, particularly if managing your weight is a concern.

#### **Enhanced Water (water with added vitamins or minerals).**

Drink It When: Plain water isn't tantalizing enough, as flavored varieties could make it easier to stay hydrated. Some of these waters contain electrolytes (the salts you lose when you sweat) or other vitamins and minerals, but it's possible to get similar benefits from drinking water and replacing electrolytes with regular, healthy meals.



Photo Credit: Marty Baldwin

**Coconut Water.** Drink It When: You want something natural other than water. Coconut water naturally contains some electrolytes (potassium, sodium, calcium, magnesium) that could help replenish those lost during exercise. But research suggests that drinking coconut water won't boost your hydration any better than water. And beware the extra calories: coconut water contains about 40-45 per 8 oz.

**Sports Drinks.** Drink It When: You're exercising for longer than 60 minutes, especially if it's hot. Research shows that the easily digestible carbohydrates in sports drinks fuel prolonged physical activity better than plain water. Plus sports drinks replace electrolytes (particularly sodium and potassium) that are lost via sweat. Be mindful: This is a higher-calorie (about 50 calories per 8 oz.), higher-sugar beverage option.

**Juice (100 percent).** Drink It When: You're craving something sweet. Juice satisfies a sweet tooth and delivers antioxidants, but be sure you're drinking 100 percent juice—some fruity drinks serve up little more than water, high-fructose corn syrup and sugar. Also keep an eye on calories and serving sizes: Fruit juices generally contain about 110-150 calories per 8 oz. Diluting juices with water can help keep calories in check.