



“Constant hydration with isotonic drinks is imperative before, during, and after sports as it enables you to maximize your potential for longer lasting endurance. Stay hydrated, and be ahead of your game.”

**- Fandi Ahmad
(H-TWO-O Brand Ambassador)**

H-TWO-O HYDRATION TIPS

1. Smart Hydration Tips for Sports Enthusiasts

A. Choose isotonic drinks

- To restore the lost fluid, electrolytes & minerals that your body has lost during sports so that you can stay ahead of your game

B. Weigh yourself before and after exercising

- For every 1 kg weight lost, replenish with 1 litre of fluid consumption. Inadequate fluid replenishment will affect your muscle recovery and hinder your performance

C. Avoid carbonated / fizzy drinks

- It may cause bloating, nausea and stomach discomfort

D. Avoid caffeine-infused drinks

- It can cause kidneys to produce more urine and may lead to dehydration

4. Causes of Dehydration

- Inadequate fluid intake
- Exercising in dry, hot weather
- Excessive sweating
- Failure to replace fluid losses during and after exercise

2. Reasons why Isotonic Drinks work better for Sports, not Water

A. Invigorating flavor

- Encourages more fluid consumption
- Quenches body thirst, and not just mouth thirst to be truly hydrated

B. Contains carbohydrates and electrolytes

- Encourages fluid retention in body
- Refuels working muscles and increase body energy

5. Symptoms of Dehydration

- Fatigue
- Muscle Cramps
- Feeling of dizziness
- Dry lips
- Nauseous
- Constant thirst

3. Benefits of Hydrating Before, During, & After Sports

A. Before

- Decreases body's temperature & increases endurance level
- Aids efficient carbohydrates absorption, especially in a hot and humid environment where sweat loss can be very high

B. During

- Replenishes fluid, electrolytes, and carbohydrates to maintain performance sustenance

C. After

- Aids muscle recovery

6. Ways to Test for Dehydration

A. Weigh before & after each exercise

- Weight loss = fluid loss
- For eg. If weight loss is 1 kg, isotonic drink replenishment should be 1 litre

B. Check urine color

- If urine is near colorless, you're well hydrated
- If urine is concentrated and dark colored, you're dehydrated