When you sweat, you not only lose water, but also important body salts, which is why it is so important to pay attention to your fluid intake.

**STAYING HYDRATED**

16-24 oz. (500–750ml) WATER OR SPORTS DRINK

2-3 HOURS BEFORE EXERCISE

8-12 oz. (250–375ml) WATER OR SPORTS DRINK

10-20 MINUTES BEFORE EXERCISE

32 oz. PER HOUR (1L) SPORTS DRINK

DURING EXERCISE

16-24 oz. PER POUND LOST

AFTER EXERCISE

If possible, weigh yourself before and after exercising.
NUTRITION TIPS
BASED ON GOALS

**GET FIT AND TONED**

- Reduce calorie intake to support fat loss
- Consume adequate protein to support muscle growth/repair
  (1 g of protein per pound of lean body mass)
- Choose beneficial carbs: vegetables, whole fruit, whole grains
- Consume carbs before workouts

**BUILD MUSCLE/ BULK UP**

- Eat adequate protein to support muscle growth/repair
  (1 to 1.5 g of protein per pound of lean body mass)
- Eat protein often or consistently
- Eat up to five or six times per day, including a protein-rich snack at bedtime
- Consume protein and carbs before and after workouts
- Do not limit carbs; they are extremely important for recovery

**BOOST ENDURANCE**

- Ensure adequate fuel stores (carbs) for long events
- Replace fluid, carbs and salts during prolonged events
- Gradually increase carb intake for three days before events
- You may need more carbs as a percentage of calories or based on body weight to support sustained activity

Founded in 1980, Herbalife Nutrition is a global nutrition company with the goal of helping people achieve healthy, active lives. In addition to our everyday nutrition products we also offer Herbalife24, a performance nutrition line that is customizable to help you train, recover and perform with all the nutritional support you need as an athlete. Herbalife24 products are certified under the NSF-Certified Sports® Product Certification program. Learn more about us at [IAmHerbalifeNutrition.com](http://IAmHerbalifeNutrition.com)