

## **CALA**

**Canadian Aquafitness Leaders Alliance In  
Handout**



# **How Much Water Do I Have To Drink During Aqua Class?**

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Probably more than you think! The average person requires about eight glasses of water per day. If exercising, the amount of water required increases according to energy expended and the environmental conditions. If you feel even slightly thirsty, you are already in the first stages of dehydration. This will cause you to feel tired. You may not be able to perform exercise (or work) at your peak potential.

Here is how to avoid dehydration:

- Twenty minutes before exercise, drink a half to a full cup of water to get ready to perspire during your workout.
- During your exercise class, take a few sips of water every 10-15 minutes.
- After class, drink another half to a full cup of water.
- Remember caffeinated drinks are diuretics and will increase dehydration.
- Avoid or limit your consumption of colas, coffee and tea.
- Stay hydrated, stay healthy.