## WHEN IT'S HOT, INK BEFOR Ε U'RE THIRST

 $\ensuremath{\mathbb{C}}$  1996 Little League Baseball\_{\ensuremath{\mathbb{R}}} and Musco Lighting, Inc.

## **Drinking Guidelines For Hot Day Activities**

**Before:** Drink 8 oz. immediately before exercise **During:** Drink at least 4 oz. every 20 minutes **After:** Drink 16 oz. for every pound of weight lost **Dehydration signs:** Fatigue, flushed skin, light-headed **What to do:** Stop exercising, get out of sun, drink **Severe signs:** Muscle spasms, clumsiness, delirium