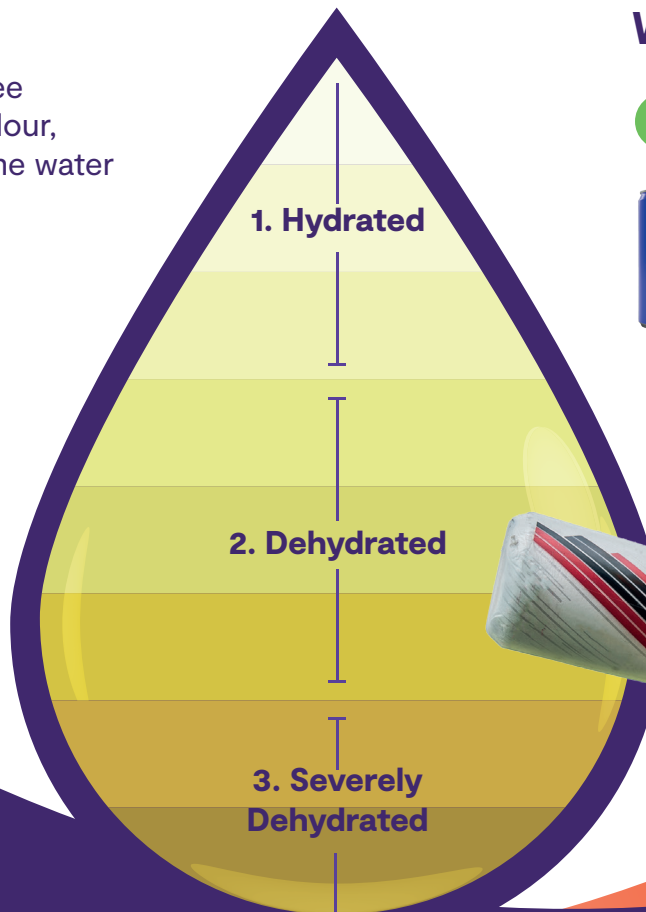




Stay hydrated

Drink plenty of fluids before, during and after sport. Don't wait until you feel thirsty - thirst is a sign that your body has needed fluids for a while.

If your pee is this colour, drink some water



What to drink



Milk



Water



Sports drinks



with

