



# Tips to Enjoy OPTIMAL ATHLETIC PERFORMANCE in the Heat



## 1. Drink appropriate amounts of fluids during exercise.

The 21 oz Hammer water bottle holds an ideal amount of fluid to consume every hour.

Can increase to 26 oz/hr if necessary.

## 2. Replenish electrolytes hourly.

Drinking water alone without electrolytes will hinder performance and increase the potential for over-hydration health issues.

### Electrolyte replenishment options

#### Electrolytes WITH Calories

- 21 oz of **HEED**®/hr for calories, hydration, and modest electrolytes.
- 21 oz of **HEED**®/hr for calories, hydration + 2-3 **Endurolytes**® capsules during the hottest parts of the day.

#### Electrolytes WITHOUT Calories

- 21 oz of water only + 1-2 **Endurolytes**® Fizz tablets added to water



## 3. No sugary foods, fuels, or drinks.

For ideal energy production with no stomach issues, use Hammer complex-carbohydrate fuels such as **Hammer Gel**®.

## 4. Exercise according to the weather conditions.

Reduce exercise pace and intensity in hot weather, especially if you're not acclimated to the heat.

## 5. Get Wet!

Sponging off with cool water and/or placing an ice bag on your head and neck will provide instant relief and help maintain ideal core body temperature.

## 6. Find shade.

If possible, get out of the direct sun and cool off in a shady area.

## 7. Monitor your body's condition.

Stop exercise and get immediate assistance if you feel light-headed, queasy, or get the "dry chills".

