



The Importance of Drinking Water at The Gym

Hydration during a workout

Did you know ...



The main goal of drinking water throughout your exercise routine is to prevent dehydration.



Dehydration happens when you lose more fluid than you drink. When your body doesn't have enough water it can't work properly.



If you're not hydrated, your body can't perform at its highest level, and you may feel tired, have muscle cramps, dizziness or other serious symptoms.

Things to consider



ALTHOUGH THERE IT IS NOT MANDATORY for fitness centers to provide free drinking water to their customers, it has become a common practice to do so.



YOU ALREADY KNOW THAT WATER IS ESSENTIAL TO YOUR HEALTH, and you probably already get an adequate amount of fluids to meet your basic needs. If you are exercising, however, you need to increase your water intake to make up for the fluid you lose when you sweat. It is important to drink water in regular intervals before, during and after your exercise session.

Did you know ... **Elkay has products that provide fresh drinking water** and they can be installed in any indoor or outdoor workout spaces.

Sources:

Should You Drink Water Throughout the Workout Or Wait Until the End? | <https://classpass.com/blog/2017/02/01/water-while-working-out-vs-after/>

Hydration for Athletes | <https://familydoctor.org/athletes-the-importance-of-good-hydration/>

Importance of Drinking Water During Exercise | <https://www.livestrong.com/article/339075-importance-of-drinking-water-during-exercise/>