

Hydration in the Cold Weather Environment

Attention Should be Paid for Dehydration, Even in the Winter.

① Prone to lose water in the body

- As the clothing for exercising tends to get layered, we sweat even in the cold season.
- As the air gets dry, water evaporates more through breathing and from body surfaces.

② Water intake to decrease

- Prone to not feel thirsty due to cold temperature.



Dehydration over 2% of the body weight leads to lower exercise performance.
Make sure to hydrate actively.

☆ Recommended Drinks in the Winter

During Games or Training

Drink to supply water and electrolytes
ex) Sports drinks



Before and After Games or Training

Drink to supply carbohydrate.
Hot drink to prevent losing body temperature.
ex) Lemonade with honey
Hot chocolate



It's recommended to use instant drink sachet stick that's portable and useful.

Hydration and Intake of Carbohydrates during Games

Long duration of exercise leads to fatigue due to decreasing glycogen or blood glucose.
Supply water as well as carbohydrates to maintain good exercise performance until the end.

Duration of Exercise	Recommended Carbohydrate Intake During Exercise	
45～75min	A small amount which contains Carbohydrate Mouth Rinse*	Sports drink 20～50ml
60～120min	30g per 1hour	Sports drink 150～200ml +Energy jelly 1/2pc
120min～	60g per 1hour	Sports drink 300～400ml +Energy jelly 1pc

*Carbohydrate Mouth Rinse...It's rinsing mouth with drink containing carbohydrates.
It would lead to reduction of feeling fatigue.

Let's Make a Plan to Hydrate!

- ☑ Think about hydration timing, types and amount of drinks during games.
※Do not take fluid all at once but try to hydrate frequently.
- ☑ Products have different ingredients even by the same manufacturer.
Select the appropriate type according to the temperature at the time or duration of exercise.

