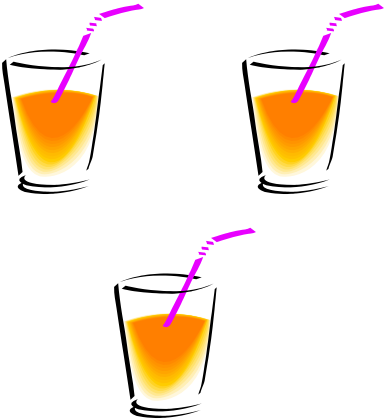





How much do I drink and when ???

Way Before	Right Before	During	After
Drink 2-3 cups of fluid 2 to 3 hours before playing	Drink 1 cup of fluid 10 to 30 minutes before playing	Drink ½ -1 cup of fluid every 15 minutes	Drink at least 2 ½ cups for every pound of lost weight
		 <p data-bbox="1070 953 1344 1100">Every 15 minutes</p>	 <p data-bbox="1464 953 1866 1196">For every pound of lost weight</p>