

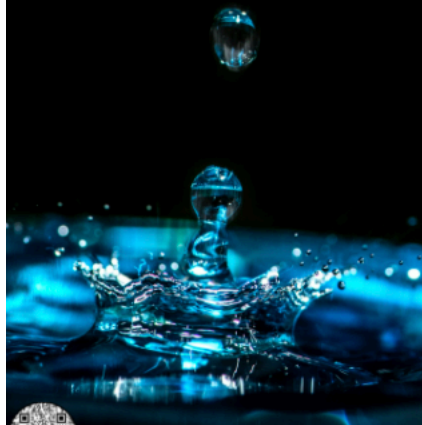
## Supplementing Hydration

### Mineral Water

Mineral water is an easily accessible and affordable way to supplement your hydration. It has been found to be beneficial to balance the acids produced in the body from exercise and assist in recovery.

### Sports Drinks

Sports Drinks are another easily accessible and affordable way to supplement hydration. Look for sports drinks that contain electrolytes such as sodium and carbohydrates. These will help in recovery from exercise and aid in replenishing energy stores during and after exercise



For references and more information, scan the QR code or visit <https://blogs.longwood.edu/internutritionhydration/>