



HYDRATION

(I am not a doctor or a nutritionalist. This is just a recommendation)



- Invest in a durable **40oz** water bottle for example a hydro flask or any stainless steel insulated water bottle
(Anything over 40oz will be cumbersome to carry around)



- Take a shot of “Pickle Juice”. WHY?
 - According to a study published in *Medicine & Science in Sports & Exercise*, a shot or 1/3 cup of pickle juice relieved cramps more than drinking the same amount of water. It also helped more than drinking nothing at all.
 - Pickle Juice helps you stay hydrated.
 - Drinking something with sodium and potassium can help you get hydrated faster. Sodium is an electrolyte that you lose when you sweat. Potassium is another electrolyte lost in sweat.
 - Pickle juice contains a lot of sodium. It also has some potassium. After a sweaty or lengthy exercise session, sipping some pickle juice can help your body recover to its normal electrolyte levels more quickly.



- Invest in some hydration tablets for example Nuun.
- Drink nuun Vitamins anytime for daily health, and also try nuun electrolytes for before, during or after exercise
- Each drink delivers Vitamins A, B Folate, B6, C, E, and D for health and wellness, and Magnesium, Calcium, Sodium, Potassium, and Chloride for optimal hydration

PLEASE NOTE Energy drinks and/or pre-workouts are not allowed on the rock. Refrain from consuming or taking them during your 18 weeks at the fire academy.**

You are responsible for maintaining your hydration. The physical activity during the 18 weeks is extremely vigorous and your hydration is extremely important part of staying injury free.

Visit www.matafuegotraining.com for any questions, programming help and/or future training advice.

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