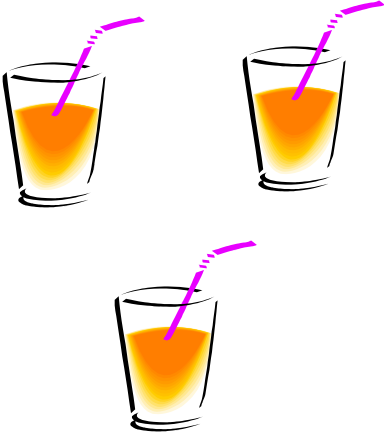





How much do I drink and when ???

Way Before	Right Before	During	After
<p>Drink 2-3 cups of fluid 2 to 3 hours before playing</p>	<p>Drink 1 cup of fluid 10 to 30 minutes before playing</p>	<p>Drink ½ -1 cup of fluid every 15 minutes</p>	<p>Drink at least 2 cups for every pound of lost weight</p>
		 <p>Every 15 minutes</p>	 <p>For every pound of lost weight</p>



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If you are interested in learning more about how to improve your diet, our Registered Dietitians are available for individual nutrition counseling. The Rothman Institute also offers a 6-month weight management program. For more information please call our nutrition department at: (267) 339-3722 or visit our Website:

www.rothmaninstitute.com