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How to stay hydrated

If you ever run long distances or even just take a long morning jog you would know how hard it is to hydrated, especially when it is hot out. Here are a few tips to help you sty hydrated while you run.

Runners know it's important to stay hydrated to run their best, especially in the summer. "Being more than two percent [dehydrated](#) in warm environments causes a decline in performance," says Robert W. Kenefick, Ph.D., a physiologist with the U.S. Army Research Institute of Environmental Medicine. To keep fluids handy, you probably stash a water bottle in a gym bag or leave sports drink in your car. But to really improve performance, you need to be more than a casual sipper. A number of recent studies offer runners smarter ways to stay hydrated while also giving their running a boost. Here's how you can apply some of these strategies to your own hydration plan and run your best all summer long.

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