

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

## How to Stay Hydrated for a 5K Fitness Challenge Like Carry Forward

JACKSONVILLE, Fla., Nov. 9, 2018 /PRNewswire/ -- People like you, who support wounded warriors, are putting in sweat equity and hard work to uplift injured veterans at [Carry Forward™ veteran 5k](#), delivered by CSX®, on Saturday, Nov. 10 in Jacksonville.

The 5K fitness challenge is for everyone. And everyone needs to stay hydrated to accomplish the mission. Go ahead and pat yourself on the back for getting yourself there on an early Saturday morning. Then, start on the right foot by drinking plenty of water.

"Even slight dehydration can have significant effects on performance," said Sierra James, a Wounded Warrior Project® (WWP) staff member. "You want to drink water at regular intervals. If the exercise time is more than 60 minutes straight, add a sports drink to help you replenish electrolytes."

You can redefine your endurance in this unique physical endeavor that supports the brave men and women who have served our country. But first, some tips to stay hydrated:

- **Drink water before and during outdoor exercise.** The 5K route takes you down A.C. Skinner Parkway and back to WWP headquarters off Belfort Road. Staying hydrated will help you maintain a normal body temperature.
- **Eat hydrating foods.** Snack on watermelon, cantaloupe, or cucumbers.
- **Bring a bottle of water.** Access to water will help you increase water intake.

Even mild dehydration can affect your cognitive function, mood, and ability to engage in activities. It's easy to lose fluids quickly when exercising outdoors in Florida. And if you don't replace lost fluids, you get dehydrated.

Physical activity – and support from others – helps veterans stay healthy and keep moving forward. Through their service, the strength of veterans has carried our country and our families. Now it's our turn to carry them forward.

You can participate in Carry Forward by choosing your challenge level: carrying a flag, a weight, or even one of your squad members from start to finish. For those who cannot be with us in person the day of the event, a virtual participation option is available.

To register for Carry Forward, visit <https://carryforward.woundedwarriorproject.org>.

### About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more: <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2018-11-09-How-to-Stay-Hydrated-for-a-5K-Fitness-Challenge-Like-Carry-Forward>