

A black and white photograph of a runner on a track, captured from a low angle behind the runner. The runner is wearing a dark tank top, shorts, and running shoes. The track has white lane markings. The background is slightly blurred, emphasizing the runner's motion.

During exercise, about
4-8 ounces of fluids
should be taken in at
least **every 20 minutes**,
especially in hot
environments.

Doane, J. M. (2016). Sports Nutrition Topics. *Advantage Nutrition & Wellness LLC*.



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