**What are electrolytes?**
Electrolytes are minerals that have many functions in the body including maintaining water balance, helping your muscles (including your heart) contract and relax and helping transmit nerve impulses. The most common electrolytes are sodium, potassium, and chloride, which are lost in sweat along with water.

**What are the functions of electrolytes?**

**Sodium** regulates the total amount of water in the body and maintains the proper function of the nervous, muscular, and other systems.

**Potassium** is responsible for regulating heartbeat and muscle function and is important in neuron function. Extreme high or low potassium levels can cause irregular heartbeat, which can be fatal.

**Chloride** helps maintain a normal balance of body fluids.

**Making sure you get enough**

- Be sure to stay fully hydrated before, during, and after workouts by drinking plenty of water and carbohydrate-electrolyte drinks such as Gatorade, G2, PowerAde, and/or Propel.

- Sodium and chloride can both be found in salt. Consuming salty foods can assist in replenishing electrolytes.
  → Some healthy salty snacks include pretzels and nuts.

- Good sources of potassium include fruits (bananas, melons, and peaches), vegetables (tomatoes and potatoes), beans, fish, white meats, yogurt, and raw nuts.