



# HYDRATION

## WHY IS BEING PROPERLY HYDRATED SO IMPORTANT?

- ⇒ 60% or more of your body weight is made up of fluids!
- ⇒ During exercise your muscles generate heat, in order to cool your body down you start to sweat. Your sweat contains fluids (water) and electrolytes (ex. Sodium, chloride, potassium etc....) that your body needs to perform at its' best!
- ⇒ If fluids and electrolytes lost through sweating are not replaced, **DEHYDRATION** will occur, causing your athletic performance to suffer and possibly leading to a heat related illness.

## HOW CAN I TELL IF I'M PROPERLY HYDRATED?

1			Lemonade Good
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.	
3		Continue to consume fluids at the recommended amounts.	
<hr style="border: 2px solid red;"/>			
4		If your urine color is below the <b>RED</b> line, you are	Apple Juice Bad
5		<b>DEHYDRATED</b> and at risk for cramping and/or a heat illness!!	
6		<b>YOU NEED TO DRINK MORE FLUIDS!</b>	
7			
8			

Note: Some medications, foods, vitamins, or dietary supplements may change the color of your urine.

# HYDRATION PLAN

## • Pre-hydration tips before workouts

- ◇ Drink 16-20 ounces of water first thing in the morning
- ◇ Carry a fluid bottle with you so you can drink during and in between classes (MAKE SURE YOU DRINK IT!).
- ◇ In addition to water at meals, add fluids such as: 100% fruit juice/vegetable juice, skim to 1% milk/ flavored milk, or smoothies.
  - ◇ **AVOID ENERGY DRINKS AND HIGH CAFFEINATED DRINKS! THESE CAN PROMOTE DEHYDRATION (and other unwanted side effects such as increased heart rate). ALSO, CAFFIENE IN A CERTAIN QUANTITY IS A BANNED SUBSTANCE!!**
- ◇ Drink ~20 ounces of fluid 2 hours before a workout
  - ◇ If you are prone to cramping, heavy salt sweater, or need the extra calories incorporate a sports drink.
- ◇ Drink at least 7-10 ounces of fluids 10-20 minutes before a workout

## • Hydration tips during workouts

- ◇ For every 15-20 minutes exercise, you need to drink 6-8 ounces (3/4 to full Powerade paper cup or 8-10 gulps) of fluids.
- ◇ Incorporate a sports drink if:
  - ◇ An intense training session or competition is going to last 60 minutes or longer
  - ◇ If you are a heavy salt sweater, prone to cramping, or need the extra calories (wt gainer).

## • Post-hydration tips after workouts

- ◇ In general, you want to drink ~24 ounces of fluid, but to be more precise you need to know your sweat losses.
- ◇ To figure your sweat loss you need to weigh yourself before and after workouts/competition.
- ◇ For every 1# of weight lost from your pre-workout weight, you need to consume 20-24 ounces of fluids.
- ◇ You do not want to lose more than 2% of your body weight during workouts/competitions to ensure performance level stays high and decrease the risk of dehydration.

### Sweat Loss Example:

Pre-workout weight:	185 #
Post-workout weight:	179 #
Total Weight Lost:	6 #
Percent Fluid Lost:	3.2% (Total wt lost/Pre-workout wt x 100)
Fluids Consumed in 2.5 hr workout:	32 ounces

⇒ To replace this athlete's fluid losses, they would need to consume 120-144 ounces (20-24 ounces per # lost) . Don't guzzle the fluids all at once, take your time.

⇒ To better meet this athlete's fluid needs, since they lost more than 2% body wt, they need to increase their fluid intake during workout time. To minimize their wt loss to only 2% (~181.5#) they would need to add an additional 56 ounces to the 32 ounces consumed for a total of 88 ounces or ~9 ounces every 15 minutes.

