

HYDRATION AND THE ATHLETE

BENEFITS:



Helps keep physical performance higher for longer periods



Improves brain function



Decreases risk of headaches



Helps reduce risk of heatstroke



Helps reduce muscle cramps

HOW MUCH TO DRINK?



BEFORE: At least 16 oz. of fluid 2 hours before activity

- > If exercising in heat OR if you are already dehydrated, add an additional 10-15 oz.



DURING: Drink 6-8 oz. of liquid every 15 minutes

- > If activity is < 1 hour, cold water should work well.
- > If activity is > 60-90 minutes, using a 6-8% carbohydrate sports drink works well.
- > Make liquids available!



AFTER: Replenish fluids by drinking 20-24 oz. of water for every 1 lb of body weight lost during activity



TIPS AND TO-DO LIST

> Urine color as a guide (urine chart)



- > Know how much you consume! Use a bottle with ounces (oz) marked off.
- > Hydration doesn't happen all at once. Make it an all-day habit – not just during exercise.
- > Consuming water with healthy, balanced meals also aides in hydration.
- > Weighing-in before and after exercise gives an outline to how much fluid you need to replenish.