



# Hydrate Right



Proper hydration is one of the most important aspects of healthy physical activity. Drinking the proper amount of fluids before, during, and after practice is vital to providing one's body with the fluids it needs to perform properly. Most athletes do not drink enough.

## Goal of Hydration:

The overall goal is to minimize dehydration without over-drinking. Hydration varies by individual.

## Monitoring Hydration

Thirst is not a good indicator of the need for water intake. If you feel thirsty typically you are already dehydrated. When thirst does become detectable fluid stores have already been depleted and you are already in the early stages of dehydration. At this point you have already lost 2% of your body weight in fluids and have started to see some adverse effects on performance.

The color and amount of urine are good indicators of the body's state of hydration. Urine color should be clear and in larger quantities. Urine that is the color of apple juice or darker is an indication of dehydration, you should be drinking more water if this is you. Utilize the "Am I Hydrated" chart to detect hydration; anything above the red line is good, anything below is an indicator of dehydration.

Body weight is also a good indicator of fluid lost during practice. If you weigh yourself before and after exercise the weight should be the same. If you find that you weigh less after you workout that means you did not do a good job at hydrating yourself during the workout. You should consume about 16-24 oz per pound of body weight lost. If you weigh more, you are over hydrated and need to cut back a bit next time.

### AM I HYDRATED? Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated. Continue to consume fluids at the recommended amounts.
3		
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!
6		<b>YOU NEED TO DRINK MORE WATER!</b>
7		
8		

## Minimize Dehydration

Dehydration can occur in virtually every physical activity scenario. It doesn't have to be hot. You don't have to have visible sweat to be losing fluids. You can become dehydrated in the water or on the ski slopes on a cold winter day. Research has shown that even slight dehydration 1-2% loss in body weight has a negative effect on physiological function and performance. Some signs of dehydration during exercise may be a higher heart rate than normal, flushed red skin, and premature fatigue. Later signs of dehydration include dizziness, increased weakness, and labored breathing with exercise.

## Hydration Guidelines

- Remember fluids throughout the day. This can be as simple as grabbing a water bottle and putting it in your back pack and drinking sips of it throughout the day. Or hitting up the drinking fountain between classes for a few good gulps of water.
- Hydrate 2-3 hours before exercise. Try to consume about 16 oz of fluids/water at this time and then an additional 8 oz 10-20 minutes before practice time.
- Drinking during work out is just as important as throughout the day. Try to consume 2-3 gulps of fluids every 10-15 minutes during a workout or between sets.
- Sports drinks like Gatorade for example can help ward off dehydration and muscle cramps because they replenish both fluids and electrolytes lost in sweat. These are ideal for workouts lasting longer than 60 minutes.
- Sports drinks also provide a carbohydrate source which is your body's first fuel source in exercise. You need those carbohydrates to fuel your working muscles.

## Take Home Tips:

1. **Begin exercise well hydrated by drinking fluids during the day and within the hour before the exercise session. (Avoid the pops and items with caffeine they dehydrate you).**
2. **Replace sweat loss by drinking fluids regularly during exercise (everyone should have a water bottle on deck).**
3. **Rehydrate after exercise to replace weight lost as fluids during exercise**

## Fluids Surrounding Exercise

1. **For short duration less than 60 minute, water is a good choice to drin before, during and after exercise.**
2. **Sport Drinks are good options for longer than 60 minutes to replace lost electrolytes and provide a carbohydrate source for continued energy. However research shows that water is just as good for you in longer duration exercise.**
3. **Rehydrate following exercise by drinking plenty of fluids, at least 8 oz within the first hour post exercise.**