

# HYDRATION IN HOO NATION

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Water is the largest single component of the body. It is important to beat hydration, before it beats you! Your muscles are ~75% water. If you are dehydrated, your muscles cannot function optimally, which can lead to cramping. **Most athletes need ~96 to 128oz of fluid daily.**<sup>1,2</sup> HOOs make sure to check out the new water refill stations in UHall!

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## SIGNS OF DEHYDRATION<sup>1,2</sup>

Get informed on the signs and symptoms of dehydration!

Thirst, Irritability, Headache, Dizziness, Cramps, Chills, Nausea, Fatigue, Decrease in athletic performance

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## HERE'S THE PLAN<sup>1,2</sup>

### PRE WORKOUT

Stay ahead of the game!  
Drink 16-20 fluid ounces of water 2-3 hours before athletic performance

10-20 minutes before, drink approximately 8 ounces of water or a sports drink (such as Gatorade or Powerade)

### DURING WORKOUT

Take a water break and quench your thirst with around 4-6 ounces! Do not wait until you feel thirsty

One gulp = One ounce

### POST WORKOUT

Drink 20-24 ounces of water or a sports drink for every pound lost. It can be helpful to weigh yourself before and after the workout to help determine how much to drink

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## DRINK UP<sup>1,2</sup>

- Divide your weight in half to figure out the minimal amount of fluid ounces your body should have on a daily basis
  - Don't forget that excess alcohol consumption can lead to rapid dehydration
  - Drinks high in sugar and caffeine may also dehydrate the body
  - After intense competition, more sodium may be lost and will need to be replaced by extra water and electrolytes
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## HELPFUL RESOURCES: SPORTS NUTRITIONISTS

Randy Bird - rlb6ea@virginia.edu  
Kelly Rossi - kar7k@virginia.edu  
Brooke Pearson - bhh5s@virginia.edu

Offices located on the second floor of UHall near the wrestling room

### Sources

1 - Bird, Randy. "There are multiple causes of muscle cramps..."  
University of Virginia Sports Nutrition. 11 August 2009. Web. 10 March 2017

2 - Kelly Rossi, University of Virginia Nutrition, Hydration Supplement



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