

HOO'S HYDRATED?



DID YOU KNOW?

- Hydration is a vital factor in determining an athlete's physiological capacity to train, compete, and recover successfully.
- Sweat is a double-edged sword: it's your body's way of cooling down but it can lead to dehydration.
- Even slight dehydration of 1% loss in body weight has a negative effect on physiological performance and function.
- 2-4% loss in body weight = 20% decrease in strength and 40% decrease in aerobic capacity.
- An athlete's body can react to dehydration in many ways including: higher heart rate, lower blood flow to the skin, and increase in body temperature.

SIGNS OF DEHYDRATION²

Thirst • Increasing fatigue • Irritability
Headache • Dizziness • Cramps
Trouble focusing • Hyperthermia
Decrease in athletic performance

THE DEHYDRATION DILEMMA

Athletes can't always keep up with the amount of fluids and electrolytes lost through sweating during exercise.

HYDRATION GAME PLAN²

Pre Workout

- Drink 16-20 oz. of water 2-3 hours before athletic performance
- 10-20 minutes before, drink approx. 8 oz. of water or a sports drink like Gatorade

During Workout

- Stay ahead of the game, and drink water or a sports drink before you feel the need to quench your thirst
- Drink 4-6 oz. every rest break
- Quick tip: One gulp = approx. 1 oz.

Post Workout and End Goal

- Drink 20-24 oz. of water or a sports drink (i.e. Gatorade, Powerade) for every pound lost

HOW TO CORRECT THIS PROBLEM¹

Aim to replace 100% of the fluid and electrolytes that were lost during exercise.

HYDRATION TIPS

Daily Fluid Intake

- Divide your weight in half. This is the minimal amount of fluid in ounces that you should have on a daily basis. This number does not take into account your daily exercise and sweat amount.
- Daily fluid intake does not include alcohol. In fact after consuming alcohol, you need more water.
- If you have less than 12 hours between intense practices, you may need extra sodium, as just eating normally may not replace all of the electrolytes lost from sweating.

¹ Murray, Bob. "Preventing Dehydration: Sports or Water." Gatorade Sports Science Institute. 20 May 2005. Web. 11 Feb. 2013.

² Bird, Randy. "Common Mistake #5: Inadequate fluid intake." University of Virginia Sports Nutrition. 26 May 2010. Web. 15 Feb 2013.