

# HOOOS THIRSTY

## HOO KNEW? <sup>1,2,3</sup>

- The average athlete loses 1 - 3 liters of sweat per hour
- Our muscles are ~75% water
- Beef jerky is the equivalent to a dehydrated muscle

## WUT IS YOUR HYDRATION LEVEL? <sup>2</sup>

Use the **WUT** Method to assess hydration level

**Weight** - Maintaining stable body weight day-to-day within 1%

**Urine** - Darkened first morning urine or reduced daily frequency

**Thirst** - Dry mouth or craving of fluids

## HYDRATION FOR PRACTICE <sup>3</sup>

Team-issued Gatorade bottles have 32 fluid ounces with notches marking off every 8 ounces

**Before:** 16 - 20 ounces every 2 - 3 hours and 8 ounces 20 minutes before

**During:** 5 - 10 ounces every 15 - 20 minutes

**After:** 16 - 24 ounces for every pound of weight lost (at least 4/5 of a Gatorade water bottle)

\* If you have multiple practices in one day, drink water with added sodium <sup>3</sup>



## ALCOHOL DEHYDRATES <sup>4, 5, 6</sup>

- Increased fluid loss
- Increased chance of heat cramps, exhaustion and stroke
- Lower temperature tolerance
- Reverses heat acclimation training
- Athletes can experience up to 3% body weight loss within 4 hours of drinking
- Replace each alcoholic drink with at least 8oz of water to prevent dehydration

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

- Dizziness
- Irritability
- Headache
- Post-training nausea
- Cramps
- Dark-colored urine
- Fatigued and decreased endurance performance



## HYDRATING OUTSIDE OF PRACTICE

- Plant Nanny - Water a plant to keep track of water intake. If you do not drink water, your plant will die :(
- Carry a water bottle and mark off how many bottles you have had
- Drink on a schedule

## SPORTS NUTRITIONISTS

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\* Offices now located in a trailer by the Turf Field

Sources:

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