

# Sports Hydration

- ◆ Water is an essential component of the human body, and maintaining adequate hydration is vital to high-level athletic performance.
- ◆ Water must be consumed to replace what is lost in normal daily activities. (**Women—2.7 liters daily, Men—3.7 liters daily**) with athletes needing to replace even more, particularly if they are exercising in hot weather. The body's daily need for water can be met through juices, sodas, smoothies, soups, fruits, veggies, and of course, **WATER!**
- ◆ Hydration is especially important during the 24 hours prior to vigorous exercise. In one hour of exercise the body can lose more than a quart of water, depending on intensity of exercise and air temperature.
- ◆ **If you wait until you are thirsty to drink fluids, you are already on your way to dehydration.** Dehydration leads to muscle fatigue, loss of coordination, and impaired athletic performance.
- ◆ To prevent dehydration, exercisers must drink before, during, and after the workout.
- ◆ One way to check your hydration level is to monitor your urine color. It should be pale yellow to clear. If it is not, you need to increase your fluid intake.
- ◆ During exercise water is the best fluid replacement for most individuals, although the flavoring in commercial “sports drinks” may encourage athletes to be more willing to consume adequate amounts.

## Hydration Hints

- ◆ **Drink 17-20 ounces of water two to three hours before starting exercise.**
- ◆ **Drink 8 ounces of fluid 20 to 30 minutes prior to exercise or during warm-up.**
- ◆ **Drink 7-10 ounces of fluid every 10-20 minutes during exercise.**
- ◆ **Drink an additional 8 ounces of fluid within 30 minutes after exercising.**
- ◆ **Drink 16-24 ounces of fluid for every pound of body weight lost after exercise.**