

Hydration



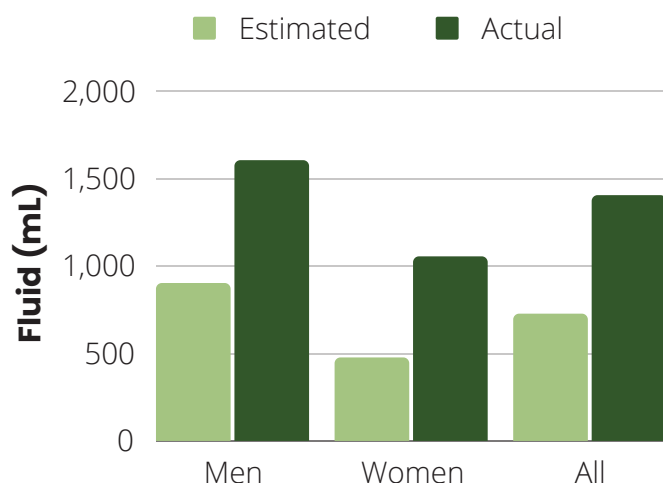
Signs of Dehydration

Headaches
Muscle Cramps
Dry Mouth
Dizziness or Fainting
Dry Skin
Fatigue
Dark Urine
Infrequent Urination

Did you know?

Most athletes significantly underestimate fluid losses during exercise. In the graph below, the light bar is how much fluid athletes *thought* they lost, and the dark bar is how much they actually lost!

Sweat loss estimation vs. actual sweat loss



Adapted from Eric O' Neal et al 2014

Tips for Staying Hydrated

Before

Drink 2–3 cups of water 2.5 hours before exercise to begin exercise hydrated.

During

Drink 4–8 oz of fluid every 20 minutes. Hydration is most important when exercising in the heat or for long periods/at high intensities.

After

Drink 20–24 oz of water per pound lost within 2 hours post-exercise.



Hydration

How do I figure out my exact fluid needs?

Weigh-in before and after exercise in the nude in kilograms, not pounds. Don't drink or use the restroom after your first weigh-in, this will skew the results!

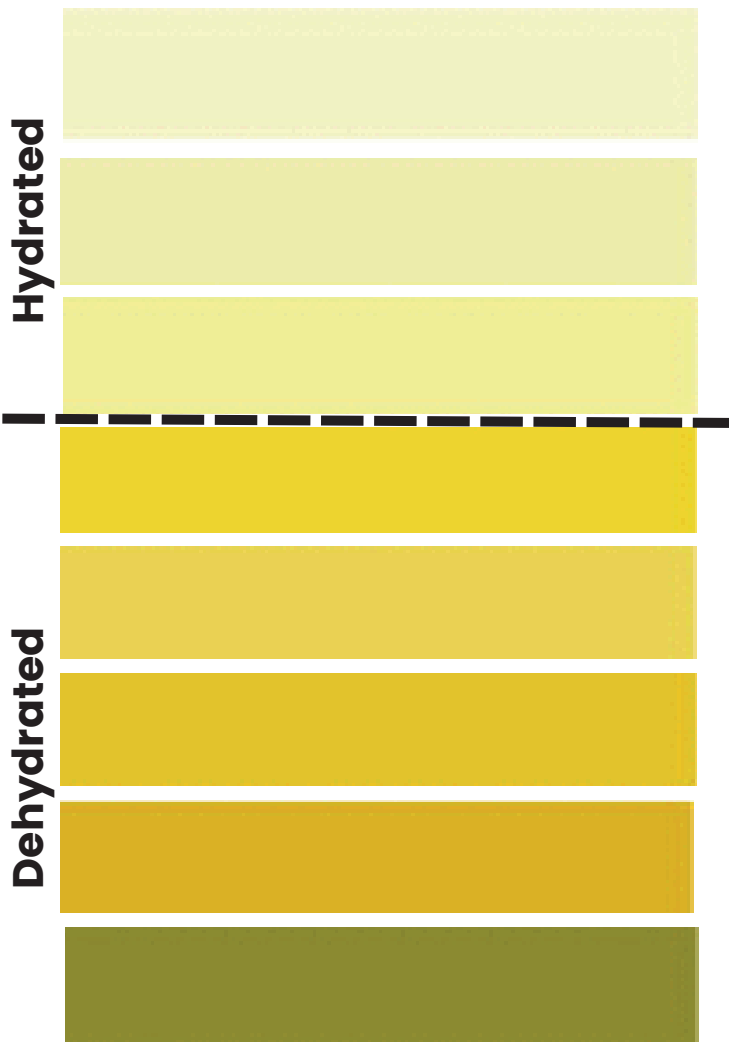


How much weight did you lose?

1 kg lost = 1 liter lost through sweat.

1 L of water is about 33 ounces (2 x 16 oz water bottles)

Urine color can be a great way to tell if you're hydrated enough! If your urine is above the line, then you are adequately hydrated. If you are below the line, then you are dehydrated.



Pro Tip:

If you struggle to drink enough throughout the day, try carrying a water bottle with you to class. Need extra help? Try using a straw or adding some fresh fruit to add some flavor!