

### **Dehydration Facts**

In less than 1 hour of physical activity, an athlete may become dehydrated and performance and health will surely suffer.

During physical activity, most athletes only drink enough fluid to replace 50% of what was lost.

Thirst should not be used as a guideline. Once an athlete is thirsty, they have already started to become dehydrated.

### **Dehydration Warning Signs**

Basic signs of dehydration are:

- Thirst
- Irritability
- Headache
- Weakness
- Dizziness
- Cramps
- Nausea
- Decreased Performance

### **What to Drink During Training**

Water is adequate for 45-50 minutes of physical activity. However, if activity lasts longer or is particularly intense, sports drinks are more effective in replacing fluids and nutrients. Through sweat, the body loses essential nutrients that must be replaced to ensure peak athletic performance.

### **What NOT to Drink During Training**

Fruit juice, carbohydrate gels, sodas and those sports drinks that have carbohydrate levels greater than 8% are not recommended as the sole beverage during exercise.

### **Hydration Tips**

Drink according to a schedule based on individual fluid needs. By the time you become thirsty, you're already dehydrated.

Drink before, during, and after practice and games.

Avoid soft drinks and juices before, during, and after play.

### **Fluid Replacement Guidelines**

Before Training

Drink 17-20oz of water or a sports drink 2-3 hours before training.

Drink an additional 7-10oz of water or sports drink 10-20 minutes before training.

During Training

Begin drinking early during the sporting event-even minimal dehydration compromises performance.

In general, drink at least 7-10oz of water or sports drink every 10-20 minutes. Remember to drink beyond your thirst to maintain hydration. Optimally, drink fluids based on the amount of sweat and urine lost.

After Exercise

Within 2 hours, drink enough to replace weight loss from training.