



ATHLETE'S

GUIDE TO HYDRATION

Am I Hydrated?

It's important for athletes to be properly hydrated, but how can you tell if you've had enough to drink?



Urine Color

The easiest way to know whether you are hydrated or not is by the color of your urine. If you are properly hydrated, it should be pale yellow to clear.

Pre-Post Exercise Weight

By weighing yourself before and after exercise you can calculate how much fluid you've lost through sweat. Ask your Athletic Trainer for more information.

How much do I need to drink?

Pre-Exercise:

Consistently be drinking water throughout the day. 2 hours before exercise, drink 17-20 oz of water. An average water bottle contains 16.9 oz. Drink an additional 7-10 oz. of water or sports drink 10 minutes before starting exercise.

During Exercise:

Take a water break every 10-20 minutes drinking about 7-10 oz each time.

Post-Exercise:

Replace fluids within 2 hours of completing exercise. Drinking 34-50 oz. of water or sports drink per hour.

Dehydration and Performance

- Decreased muscle endurance
- Decreased aerobic power
- Causes heart to work harder
- The greater the degree of dehydration, the greater the impact on the body.