



HYDRATION

Signs of dehydration: fatigue, dizziness, rapid heart rate, dry mouth/lips, thirst, dark urine (apple juice color), cramps, inability to concentrate...

Physical/Mental effects of dehydration:

- Decrease in muscle strength
- Decrease in speed
- Decrease in stamina
- Decrease in energy
- Decrease in cognitive processes
- Increase risk of injury



CHECK YOUR WEIGHT AFTER EXERCISE

Drink 16-24 ounces of water (2-3 cups) for every pound of weight loss after a workout within 2 hours

CHECK URINE OUTPUT

Hydrated= going to the bathroom frequently, pale or colorless urine, like lemonade

Dehydrated=not producing much urine, apple juice or darker color urine

HYDRATION TIPS...

Drink 16-24 ounces (2-3 cups) of fluid 2-3 hours before exercise

Drink 8 ounces (1 cup) of fluid 10-20 minutes before exercise

Drink 6-12 ounces of fluid every 15-20 minutes during exercise

Make a point to drink fluids at your next meal

HEAVY SWEATERS

Make sure you drink a beverage containing sodium during workouts (i.e. sports drink)

HYDRATERS

WATER

SPORTS DRINKS

LOWFAT MILK

FLAVORED WATER

LEMONADE

100% FRUIT JUICE

DILUTED FRUIT JUICE

HOMEMADE SMOOTHIES



WATER VS. SPORTS DRINK

- Think water first
- Sports drinks may be beneficial depending on climate, duration, intensity
- Sports drinks include carbs and electrolytes (lost through sweat)
- Flavor of sports drink may increase voluntary intake of fluids

DEHYDRATERS

COFFEE

ICED TEA/SWEET TEA

ALCOHOL

SODA

DIET SODA

ENERGY DRINKS

SPECIALTY COFFEE DRINKS

CAFFEINATED SUPPLEMENTS

EAT TO STAY HYDRATED

THESE FOODS ARE 80% OR MORE WATER

CUCUMBERS
APPLE SAUCE
YOGURT
TOMATOES
PEACHES/PEARS
SWEET PEPPERS
PASTA SAUCE
ICEBURG LETTUCE