



Hydrated?

Fluid Facts:

- Athletes lose about 2 cups of sweat for every 300 kcals he/she expends, which is equal to 1 pound
 - Dehydration keeps muscles from receiving oxygen and exhaustion will decrease the athlete's performance
- Checking urine color can determine level of hydration. Dark gold urine indicates dehydration, while weak tea or pale lemonade color indicates proper hydration
 - An athlete should not wait to drink until they are thirsty
 - 8 glasses of water is NOT enough for an athlete
 - If drinking water is a problem, consume more watery foods , such as fruits and vegetables
 - The BEST way to prevent dehydration is to maintain body fluid levels by consuming fluids before, after, and during a workout or competition
 - **Drink 3 cups of fluid 2 hours before a workout or competition**
 - **Drink 1-2 cups 5-15 minutes before a workout or competition**
 - **Rehydrate every 15-20 minutes during a workout**
 - **Consume 4 cups for every 1,000 kcals expended**
 - When it comes to sports drinks:
 - Water is always best!
 - Sports drink may be beneficial if the workout lasts 90 minutes or longer
 - They provide carbohydrates, potassium, and sugar to refuel the athlete's body
 - To monitor fluid loss, weigh before and after training
 - For every pound lost, drink 3 cups of fluid to rehydrate the body

