

HYDRATION

FLUID REPLACEMENT



Not getting enough water can have a big impact on not just your athletic performance, but also on your health. When you start an activity, be sure you go into the activity hydrated, stay hydrated during and replace losses afterward.

BEFORE ACTIVITY

- Slowly drink (1-2 cups) at least four hours prior to the activity
- If you do not urinate or urine is dark, slowly drink more (3/4 to 1 1/2 cups) about two hours prior to the activity

DURING THE ACTIVITY

- Amount and rate of replacement depends on the sweating rate, duration of activity, and opportunities to drink
- Drink periodically as opportunities allow

AFTER ACTIVITY

- Fully replace any fluid and electrolyte deficit
- To maximize fluid retention consume slower over time
- Consuming sodium will help retain fluids and stimulate thirst
- Consumption of normal meal and snacks with sufficient amount of water is recommended
- 2-3 cups of fluid for each pound of body weight loss is recommended

YOUR URINE CAN SHOW SIGNS OF DEHYDRATION

RATING #	COLOR
1	Clear
2	Very light yellow
3	Light yellow

If your urine matches colors 1, 2, or 3 you are properly hydrated. Continue to consume fluids at the recommended amounts.

RATING #	COLOR
4	Vivid, canary yellow
5	Dingy yellow, almost orange
6	Light yellow
7	Medium tan
8	Burnt orange

If your urine falls into these categories, you are dehydrated and at risk for cramping and/or heat illness. You need to drink more water!

