

Hydration

2%

Proper hydration is essential for optimal athletic performance. Even a 2% dehydration level can significantly decrease athletic performance.

HYDRATION TIPS



- Hydrate with water the majority of the time. Include low-fat milk, 100% fruit juice, or sports drinks when appropriate.
- Carry a water bottle throughout the day.
- Monitor urine color; urine color should be pale yellow.
- Snack on foods with a high water content such as fruits, vegetables, smoothies, and soup.

EFFECTS OF DEHYDRATION



Decreases muscle power and motor skills



Decreases mental function



Increases fatigue



Increases risk of cramping and injury

HYDRATION NEEDS



Roughly half of body weight in fluid ounces in addition to exercise hydration needs

EX:
200 lb = 100 oz



HYDRATING FOR EXERCISE



- 16-24 oz **2-4 hours before exercise**
- 4-6 oz (a few gulps) **every 15-20 minutes of exercise**
- **16-24 oz for every 1 pound of weight lost** during exercise
- <1 hour of light to moderate exercise = hydrate with water
- >1 hour of high-intensity activity = hydrate with sports drink containing carbohydrate-electrolytes



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