Hydration Tips

**Warning Signs of Dehydration**
- Unusual fatigue
- Lightheadedness
- Headache
- Dark urine
- Dry Mouth

**Rehydration Checklist**
- Drink 2 cups (16 oz) of fluid for every pound lost during activity.
  *1 medium mouthful of fluid = 1 oz.
- Sodium helps speed rehydration – found in all sports drinks
- Plain water suppresses thirst and increases urine output.
- Put more in your stomach than on your head. (Pouring water on your head does not lower body temp.)

**Checklist Before Exercise**
- Drink 8oz-16 oz 15 min. before activity
- Pre-hydrate to produce a light-colored urine
- Weigh before to determine sweat loss

**Checklist to Remain Hydrated**
- Drink by schedule, not by thirst
- Drink at least 4 to 8 oz every 15 minutes
- Practice proper drinking during training
- Fluids should be cool (59-72°F)
- Use flavors to enhance palatability
- Drinks containing carbohydrates and/or electrolytes (Sports Drinks) are recommended for exercise > 1 hr.
- In most instances voluntary fluid intake alone will NOT be sufficient to fully replace sweat loss.

**Sports Drinks**
- Benefits activities lasting more than 1 hour
- Stimulates more complete rehydration
- Improves palatability (desirable flavor)
- Helps maintain osmotic drive for drinking (keeps you wanting to drink)
- Provides an easily absorbable source of fuel for active muscles.