

# HYDRATION

What's dehydration look like?

Muscle cramps, Dry mouth, Fatigue, Nausea, Lightheaded

What happens when the body is dehydrated?

- Body shows a decreased ability to sweat → increases core body temp and heart rate
- Increases the onset of fatigue and causes a higher “rate of perceived exertion”

Adequate hydration is essential for EVERYONE!

2% dehydration level can decrease performance by 10%!

What do you have to do to stay hydrated?

Dietary Reference Intakes for healthy adults (non-athletes):

3.7 liters/day (130 oz or 16 cups) for males

2.7 liters/day (95 oz or 12 cups) for females

For athletes:

Pre-Exercises (2-4 hrs before): 5-7 ml fluid per kg of body weight OR 1 oz per 10 lbs of body weight (on average)

(2 hrs before): if sweating is expected, drink another 8- 12 oz

Fluid Reccs: water, enhanced water, electrolytes may not be needed

During Exercise: Individualized to your sweat rate, but generally 8 oz every 20 minutes

Fluid Reccs: water if less than 1 hr. Sports drink if > 1hr of exercise.

Post Exercise: Consume 16-24 oz of fluid for every pound lost during activity.

[Sweat rate: Pre-exercise weight – post exercise rate = lbs lost.]

[www.powerbar.com/calculators/sweat.aspx](http://www.powerbar.com/calculators/sweat.aspx)

