HYDRATION

The Invisible Opponent

DRINKING ENOUGH FLUIDS IS CRITICAL FOR TOP PERFORMANCE. IF NOT PROPERLY HYDRATED, PERFORMANCE CAN GO DOWNHILL QUICKLY. LEARNING TO DRINK THE *RIGHT AMOUNT* OF FLUIDS BEFORE, DURING AND AFTER EXERCISE TO AVOID DEHYDRATION AND STAY ENERGIZED IS ESSENTIAL TO BEING A STRONG ATHLETE.



Dehydration impairs athletic performance whenever body fluid level falls below 98% of normal. The primary cause of dehydration is sweat loss, an essential body process which facilitates the release of body heat into the environment. When athletes don't replace what they lose in sweat, the physiological function of the body's heat management system is compromised, placing both the athletes' performance and physical well-being at risk.

Warning Signs of Dehydration

NOTICEABLE THRST

MUSCLE CRAMPS

WEAKNESS

HEADACHE

NASUEA

DECREASED PERFORMANCE

RAPID ONSET OF FATIGUE

LIGHTHEADEDNESS or DIZZINESS

DIFFICULTY PAYING ATTENTION

DARK YELLOW URINE (should be clear or pale yellow)

THE RIGHT AMOUNT & RIGHT TIME…

BEFORE

Drink 16 – 17 oz of fluid 2 hrs before exercise.

Drink another 4 - 8 ounces of fluid 10 to 20 minutes before exercise.

DURING

In general, every 15-20 minutes drink at least 4-8 ounces to maintain hydration.

AFTER

Roughly 16 oz of fluid. If strenuous, need to replenish with some carbs within the first hour.



WHAT SHOULD I DRINK?

- For strenuous exercise that lasts beyond 60 – 90 minutes, The carbohydrate concentration (CHO) in the ideal sports drink should be in the range of 6 - 8%. It should also ideally have 50 - 70 mg of sodium per 8-oz serving. When athletes sweat, they lose electrolytes such as sodium, potassium, and chloride that are essential to hydration and muscle function which water cannot provide.

- Cool beverages at temps between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement, as they are absorbed quicker than warmer fluids.

- Other good sources of water throughout day are fruit (oranges) and vegetables, milk, & soup. Chocolate Milk can be a good recovery drink also.

- Water is the best choice to drink before moderate-length exercise under 60 min. It is easily absorbed, less expensive, and readily available.

WHAT I SHOULD NOT DRINK?

Absolutely NO soda or energy drinks!!! They have little to no benefit for athletes in relation to competition.

Drinks with Carbohydrate (CHO) concentrations of greater than 8 percent should be avoided since they will hinder fluid absorption due to the high level of carbs.

Beverages containing caffeine (diuretic!), alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.



According to the Journal of Sports Science, exercisers who drink fluids and maintain hydration can last up to 33 percent longer compared to those who don't drink any fluids during a workout.

********** TIPS TO REMEMBER ABOUT HYDRATION **********

Thirst not a good indicator. By the time you're thirsty, you're already dehydrated. Thirst is a delayed reaction.

Keep the same hydration habits during competition that you do at practice daily.

Variety is the key to a healthy diet! If you use a sports drink during and after practice, it may be better to drink water and juice during the day to stay hydrated.

Don't assume that you can drink unlimited amounts of water or fluid during exercise and expect that all of it will be absorbed and the excess will be lost in sweat or through the kidneys. You will instead bloat, dilute your blood, and develop water intoxication. Recommended not to exceed over 28 oz/hr.

Yes...plain water can be boring. Research shows that active people tend to replenish only about 1/2 of the fluids they lose during a workout when they only drink plain water. Flavored water can be an option. However not all flavored water has the same benefits of a sports drink. Look for flavored, enhanced water that contains no more than 10 calories per eight ounces & 6-8% carbs.

There is no "1 size fits all" recipe. Body size & environment play a part in deciding your body's needs.