



Hydration

Fluid intake is the most important nutrient consideration for any athlete. A loss of body weight of just 1% (1.5 lbs in a 150lb athlete) can affect the body's ability to cope with the stress of exercise. More than 1% loss can impair athletic performance.

- **2-3 hours prior to exercise**
 - Drink 500-750 ml (2-3 cups) of fluids
 - This allows enough time for fluid to be lost through urine

- **30 minutes before exercise**
 - Drink 125-250 ml (½-1 cup)
 - There is no benefit to drinking more than this

- **During exercise**
 - Drink 125-250 ml of cool fluids every 15 minutes
 - This is about 5-10 gulps of fluid

- **After exercise**
 - Drink 2 ½ cups of fluid for every pound lost during exercise
 - This usually means at least 4 cups of fluid

- **Quenching thirst does not satisfy the body's need for fluid**
 - Thirst is a sign of dehydration
 - A small volume of urine dark in color indicates dehydration

- **Cool water** is best for events 1 hr or less or for light activity

- **Beverages with 6-8% carbohydrate plus some sodium are beneficial for moderate to heavy exercise, especially if lasting longer than 1 hour**
 - 6-8g of glucose per 100 ml beverage
 - Commercial sports drinks are formulated to deliver the proper mix of carbohydrates and electrolytes