



## Staying Hydrated During Exercise

How you fuel your body may be completely different when you are engaging in physical exercise compared to your everyday routine. A physically active person requires more water and nutrients in order to keep a natural balance inside their body. Water is the most important nutrient. Water comprises about 60% of body weight and is essential for almost every bodily function. To stay hydrated and avoid overheating, drink plenty of fluids before, during, and after exercise. The following tips will help you stay hydrated:

### How can I prevent dehydration? Drink enough water!

- Water consumption is based on individual weight.
- Drink small amounts of water frequently rather than large amounts less often.
- Make sure you have a water bottle for exercise.
- Be sure to drink fluids:
  - The night prior to competition
  - 30 minutes before playing
  - Every 15-20 minutes during activity.

### Keep track of your body

- Track your sweat loss by weighing yourself both before and after exercise. For every pound lost through sweat, drink 16 to 24 oz. of water. Your body weight should be back to normal before your next workout.
- Pay attention to the amount and color of your urine. A large volume of clear urine is a sign that you are well-hydrated. Smaller amounts or dark yellow urine can indicate dehydration.

### Know the signs and symptoms of dehydration

- Dehydration can be life threatening if untreated!
- There are 3 levels of dehydration:
  - Heat cramp symptoms: muscle cramping in the calves, back, arms or abdomen
  - Heat exhaustion symptoms: feeling faint or dizzy, nausea, and rapid heartbeat.
  - Heatstroke symptoms: emotional instability, collapsing, and very high body temperature.

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