



## HYDRATION

**Signs of dehydration:** fatigue, dizziness, rapid heart rate, dry mouth/lips, thirst, dark urine (apple juice color), cramps, inability to concentrate...

### Physical/Mental effects of dehydration:

- Decrease in muscle strength
- Decrease in speed
- Decrease in stamina
- Decrease in energy
- Decrease in cognitive processes
- Increase risk of injury



### CHECK YOUR WEIGHT AFTER EXERCISE

Drink 16-24 ounces of water (2-3 cups) for every pound of weight loss after a workout within 2 hours

### HYDRATION TIPS...

Drink 16-24 ounces (2-3 cups) of fluid 2-3 hours before exercise

Drink 8 ounces (1 cup) of fluid 10-20 minutes before exercise

Drink 6-12 ounces of fluid every 15-20 minutes during exercise

Make a point to drink fluids at your next meal

#### HEAVY SWEATERS

Make sure you drink a beverage containing sodium during workouts (i.e. sports drink)

### CHECK URINE OUTPUT

**Hydrated**= going to the bathroom frequently, pale or colorless urine, like lemonade

**Dehydrated**=not producing much urine, apple juice or darker color urine

# HYDRATERS

WATER

SPORTS DRINKS

LOWFAT MILK

FLAVORED WATER

LEMONADE

100% FRUIT JUICE

DILUTED FRUIT JUICE

HOMEMADE SMOOTHIES



## WATER VS. SPORTS DRINK

- Think water first
- Sports drinks may be beneficial depending on climate, duration, intensity
- Sports drinks include carbs and electrolytes (lost through sweat)
- Flavor of sports drink may increase voluntary intake of fluids

# DEHYDRATERS

COFFEE

ICED TEA/SWEET TEA

ALCOHOL

SODA

DIET SODA

ENERGY DRINKS

SPECIALTY COFFEE DRINKS

CAFFEINATED  
SUPPLEMENTS

## EAT TO STAY HYDRATED

THESE FOODS ARE 80% OR MORE WATER

CUCUMBERS  
APPLE SAUCE  
YOGURT  
TOMATOES  
PEACHES/PEARS  
SWEET PEPPERS  
PASTA SAUCE  
ICEBURG LETTUCE