

HYDRATION + ELECTROLYTE BASICS

IMPORTANCE OF HYDRATION

Adequate hydration can greatly influence athletic performance. Failing to hydrate properly can lead to a number of concerns including increased risk of injury, inability to concentrate on the field and delayed recovery. See below for the benefits of hydrating and detriments of not meeting fluid needs in sport!

BENEFITS OF HYDRATION

- Regulates body temperature
- Keeps joints lubricated
- Prevents infections
- Deliver nutrients to cells
- Keeps organs functioning properly
- Improves sleep quality, cognition, and mood
- Moistens tissues in eyes, nose, and mouth

EFFECTS OF DEHYDRATION

- Lack of concentration
- High perceived exertion and early fatigue in training
- Delayed recovery
- Muscle cramps
- Headaches
- Nausea and vomiting
- Heart rate elevated above normal response

ASSESSMENT NEEDS

HOW MUCH TO SHOULD I HYDRATE?

| | |
|---------------|---|
| DAILY | Half of your body weight (lbs) in oz of fluid (minimum) |
| BEFORE | 2-3 cups of fluid 2-3 hours before and 1 cup of fluid 10-30 minutes before exercise |
| DURING | 6 ounces (3 gulps) every 15 minutes during exercise |
| AFTER | 20 ounces of fluid with added sodium for every lb lost during exercise |

QUICK WAY TO GAUGE NEED



HYDRATION PLAN

Get ahead of DEHYDRATION by planning fluid intake early! During hot, humid days and intense training, water alone may not be sufficient and you may need to hydrate even when not thirsty. To get ahead of dehydration, hydrate with electrolytes and carbohydrates to prevent cramping during two-a-days, training, or competitions >1.5 hrs.

- < 60 minutes = water often sufficient (unless very hot)
- 60-90 minutes = electrolytes + quick carb source (fruit, gel, chews)
- 90+ minutes = water + electrolytes + carb source



**Big game
TOMORROW?
Start hydrating
TODAY**