



## Hydration Tips for Activity

**Adequate hydration is an important component to preparation for sports activity or training in any climate and will reduce the incidence of heat illnesses.**

### Fluid Consumption

- Pre-exercise: Drink water throughout the day. Carry a water bottle with you. Drink 10-14 oz. of water 3 hours before activity and an additional 10 oz. 10-15 minutes before activity.
- During exercise: Drink at every break during activity, even if you do not feel thirsty. Average consumption should be 8 oz. every 15 minutes.
- After exercise: Drink 16-24 oz. for every pound of weight lost during activity. This should be over a period of time.

### Tips for Athletes

- Thirsty? You're already dehydrated!
- Sports performance is affected when as little as 3% of body weight is lost due to fluid loss.
- Weigh yourself before and after workouts to determine how much rehydration is needed after a practice. Your weight should be back to pre-activity weight of the previous day before returning to activity.
- You'll sweat more on hot, humid and/or windy days.
- Check your urine color daily. Goal: Pale, clear yellow. Dark, cloudy yellow? Drink more!
- Choose fruits and vegetables high in water content such as cucumber, zucchini, strawberries and watermelon.
- Vital nutrients such as potassium and sodium are depleted as you sweat. Consume salty snacks to replace sodium along with potassium-rich foods such as bananas and sweet potatoes.
- Avoid sodas, caffeinated beverages and energy drinks. Limit consumption of sports drinks to just before, during and right after activity.

### QUESTION: Water or Sports Drink?

#### Sports Drink: The Good

- Will adequately hydrate the body.
- Contain carbohydrates and nutrients to replace what is lost during activity.
- Many athletes prefer to drink a flavored sports drink over water.
- Easy to transport, intake and digest during activity.

#### Sports Drink: The Bad

- Some sports drinks contain excessive amounts of sugar.
- Should not be consumed outside of activity due to the high amount of calories.

**ANSWER: Both!** To avoid 'the bad', choose sports drinks that are sugar free or low in sugar and avoid drinking sports drinks when you are sedentary. Mix water into a sports drink or alternate drinking water and sports drinks in order to experience the maximum benefit from each drink.



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