

Hydration: How do I know what is needed?

Constant and proper hydration is key to an athlete's success. While many people think hydration during activity is important, hydration BEFORE and AFTER activity is just as important. If you have the feeling of thirst, you are already on the path to becoming dehydrated; it is your body's way of telling you it needs fluids!

WHY IS WATER IMPORTANT?

• Water makes up ~60% of the body's weight and is vital for proper temperature regulation of the body. Sweating is our body's natural cooling mechanism. Ingested water is also used in muscle & cell functioning within the body.

WHAT IS DEHYDRATION?

• Dehydration is when the body is losing more water than it is ingesting. Most water is lost through urine and sweating.

WHAT WILL HAPPEN IF I'M DEHYDRATED?

• Normal bodily functions will begin to be compromised at only 1-2% loss of body weight, and a risk of heat illness develops at 3% loss of body weight as our body is no longer able to regulate our internal body temperature. Severe dehydration is a medical emergency.

Watch for muscle cramping, weakness, dizziness, headache, nausea or vomiting, chills, or excessive sweating. Heat stroke occurs when sweating has stopped and mental capacity has been compromised.

HOW MUCH WATER IS RECOMMENDED THAT I DRINK?

• Before exercise athletes should consume 17-20 fl oz of water or a sports drink 2-3 hours before exercise and 7-10 fl oz of water or a sports drink 10-20 minutes before exercise (according to the "National Athletic Trainers' Association Position Statement: Fluid Replacement for Athletes").

General recommendations during exercise is given at 7-10 fl oz every 20 minutes. Individual sweat rates should ALWAYS be considered, however, as hyperhydration can be just as dangerous as dehydration to the body. After exercise, an athlete should replenish with water, carbohydrates, and electrolytes.

What about sports drinks?

• Try to choose sports drinks with low sugar quantities. A drink with carbohydrates and electrolytes is recommended IN ADDITION to water when exercise lasts longer than 45-60 minutes. Too much sugar and carbohydrates in a beverage without adequate water can slow down important digestive functions.



All Accelerated locations offer **FREE INJURY SCREENS*** to any athlete, parent, sibling, or coach. Call your local Accelerated or the sports medicine hotline at **312- 523-4064** to schedule within 48 hours.

Your nearest clinic can be found at acceleratedrehab.com.
ANY QUESTIONS, PLEASE CONTACT YOUR LOCAL ACCELERATED ATHLETIC TRAINER

*Not for federally funded payers