

# McLeod

## Human Motion Specialists

SPORTS MEDICINE

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### Proper Hydration for Athletes

#### Effects of dehydration

- Ⓢ Dehydration can affect your performance in less than an hour of exercise – sooner if you begin practice dehydrated
- Ⓢ Dehydration of greater than 3% of your body weight will increase your risk of heat illness (ie. Heat cramps, heat exhaustion, heat stroke)

#### Warning signs of dehydration

- Ⓢ Thirst \* Irritability \* Headache \* Weakness \* Dizziness
- Ⓢ Cramps \* Nausea \* Decreased Performance

#### What to drink during exercise

- Ⓢ Sports drink with carbohydrate (ideal concentration 6-8%)
- Ⓢ If exercise is greater than 45-50 minutes or is intense, water or a sports drink should be available
- Ⓢ Fluids with salt increase thirst and offset the amount lost in sweat
- Ⓢ Cool beverages at temperature of 50-59°F

#### What not to drink

- Ⓢ Sodas, Fruit Juices, Alcohol, Caffeine, or Coffee
- Ⓢ Drinks with greater than 8% carbohydrates
- Ⓢ All of the above products decrease thirst and stimulate urine production – leading to dehydration

#### Hydration Tips

- Ⓢ Drink before, during, and after practices and games
- Ⓢ Avoid sodas and juice during exercise because the high carbohydrate levels may cause stomach problems
- Ⓢ Drink according to a schedule based on individual needs
- Ⓢ By the time you are thirsty, you are already dehydrated

#### Fluid Guidelines

##### Before exercise:

- Ⓢ 2-3 hours before exercise, drink 17-20 ounces of water or a sports drink
- Ⓢ 10-20 minutes before exercise; drink another 7-10 ounces of water or sports drink

##### During exercise:

- Ⓢ Drink early – Even minimal dehydration compromises performance
- Ⓢ In general, every 10-20 minutes drink 7-10 ounces of water or sports drink
- Ⓢ To maintain hydration, drink beyond thirst

##### After exercise:

- Ⓢ Within 2 hours drink enough to replace any weight loss from exercise
- Ⓢ Drink approximately 20-24 ounces of a sports drink/water per pound of weight lost