

Hydration for Sport

By Andrea Holwegner B.Sc., R.D.



NUTRITION CONSULTING INC.

WHY WATER?

- Makes up 70% of muscle & 50-60% of body weight
- Digestion, absorption, & transport of nutrients
- Elimination of waste products
- Coolant for maintaining body temperature
- Lubricate joints, eyes, & air passages

DAILY REQUIREMENT FOR FLUIDS

Drink 6-8 cups (1.5-2 litres) of fluid per day. You can count all non-caffeinated beverages such as water, juice, and milk to meet your fluid goal. Always pack a water bottle with you wherever you go.

FLUIDS FOR SPORTS

	HOW MUCH FLUID?
BEFORE Training or Competing	2 cups (500 ml) 2 hours before exercise
DURING Training or Competing	1/2—1 cup (125—250 ml) every 15-20 minutes during exercise (This is roughly 1/2- 1 litre per hour of intense activity)
AFTER Training or Competing	Keep drinking at regular intervals If you have weighed yourself before and after exercise and lost weight, you need to drink 3 cups (750 ml) per pound of weight lost)

THIRSTY?

The thirst mechanism is blunted during exercise; therefore thirst is not your best indicator of your body's needs. Drink at regular intervals throughout the day and when you are training or competing.

HOW DO I KNOW IF I AM WELL HYDRATED?

You should be urinating regularly throughout the day and your urine should be a pale lemonade color. Ideally if you weighed yourself before exercise and then again after exercise your weight should be about the same. This means you replaced enough fluids for the amount you sweat.

DEHYDRATION – has detrimental effects on performance

Increased Heart Rate	Cramps	Increased Perceived Exertion
Increased Body temperature	Fatigue & Sleepiness	Poor Concentration
Dizziness & Headache	Shortness of Breath	Slowed Reaction Time
Decreased Muscular Strength		

SHOULD I DRINK A SPORTS DRINK?

Water is all that you need if exercise is <1 hour in length. However: keeping well hydrated is the central focus and sports drinks may help you to drink more because they taste good. If you will be doing continuous high intensity exercise longer than 1 hour a sports drink or an alternative source of carbohydrate is needed to keep your muscles fueled with energy.