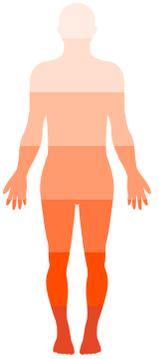


HYDRATION DEMYSTIFIED

Moving muscles produce heat! Overheating will shut down muscles and negatively impact performance. Sweating helps keep you cool and safe. However, fluids are necessary to replace sweat losses and help keep you going.

Optimal hydration supports daily training and recovery. Dehydration's effects can take hours to days to recover from. At a certain point, dehydration can increase the risk of heat illness and decrease performance by affecting muscle and cognitive function.¹



SWEAT SESSION

Water plays important roles in our bodies like removing waste, regulating blood volume and blood pressure and transporting oxygen and nutrients to the brain and muscles. Water also plays an important role in body temperature regulation by transferring heat. When a person exercises, heat is created within the body – sweating and the evaporation of sweat from the skin surface is the primary mechanism by which the body cools itself.

Drinking fluids with electrolytes, specifically sodium, may help replace what is lost in sweat. Sodium also stimulates thirst and increases fluid retention to aid in hydration and help you get the most out of your workout.²

Losing more than 2% of body mass through sweat is a sign of significant dehydration.



FITNESS FALTERS WHEN DEHYDRATION SETS IN

Make sure you and your clients stay safe and stay hydrated. Try this activity to estimate how much to drink during a workout:



Weight before workout (*nude or little clothing*) _____
 Weight after workout (*nude or little clothing*) _____
 Subtract them = _____
 Multiply by 16 oz. = _____ oz.
 For the next similar workout, add this much fluid.



PUTTING IT INTO PRACTICE

Keep the following in mind as you work with your clients. Encourage them to:

- **Begin Workouts Hydrated:** Drink fluids throughout the day and monitor urine color. Light color like lemonade (*not clear*) is the goal (*optimally evaluated after first waking up*). Try to limit drinks with high amounts of caffeine and sugar (*a little is OK, a lot is not!*)
- **Replace Fluids & Electrolytes:** Drink regularly while working out. Take advantage of breaks during workout sessions (*and as a trainer, build them in!*)
- **Rehydrate After Exercise:** Take in fluids and electrolytes after a workout to put back what was lost in sweat.

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1. Joint Position Statement: Nutrition and Athletic Performance. (2016). Med Sci Sports Exerc. 48:543-68.
2. Baker, L. & Jeukendrup, A. (2014). Optimal composition of fluid-replacement beverages. Compr Physiol. 4(2): 575-620.