

# Hydration

**Water– The most important and most often neglected nutrient!**

About 60% of our body weight is water and our need for water increases greatly with exercise.

Adequate fluid intake before, during and after exercise is critical in preventing dehydration.

DO NOT use thirst as the gauge for your body's water needs.

Athletes lose more contests through not drinking enough water than any other nutritional cause.



## Dehydration

Dehydration occurs when fluid losses exceed 1% of body weight.

Symptoms include headache, irritability and fatigue.

Urine should be clear and copious.

## For maximum hydration, follow these recommendations:

Consume cool fluids in small volumes at regular intervals.

For exercise lasting less than 60 minutes, cool water is the best replacement.

For intense exercise lasting greater than 60 minutes, diluted glucose and electrolyte solutions (sport drinks) are recommended to provide fuel for working muscles.



**Prevention is the best cure.**

**The hydration status of the body is determined by the balance between water intake and water loss.**

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