

# Hydration

**Water- the most important and most often neglected nutrient!**

## Did You Know...?

- About 60% of our body weight is water and our need for water increases greatly with exercise.
- Sweat acts as our body's 'air conditioner' and needs to be replaced, or performance can be affected.
- Adequate fluid intake before, during and after exercise is critical in preventing dehydration.
- Dehydration occurs when fluid losses exceed 1% of body weight. Symptoms include headache, irritability and fatigue.
- **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!!!

## 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 more than 60 minutes, diluted glucose and electrolyte solutions (sport drinks) are recommended to provide fuel for working muscles.

## Recommended Fluid Intake Schedule

500 mL (17oz) —————> 2 hours before exercise

150 mL - 300 mL (5-10oz) —————> Every 20 minutes during exercise

For exercise lasting less than 60 minutes —> Water is the best replacement

For exercise lasting more than 60 minutes ➤ Diluted glucose and electrolyte solutions



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SNS - Sport Nutrition Specialists - Adapted from the Sport Nutrition Resource Manual (2nd Edition)



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	