

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. Sweat acts as our body's "air conditioner" and needs to be replaced, or our performance is affected.

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

Adequate fluid intake before, during and following exercise is critical in preventing dehydration. Thirst is not the best gauge of your body's water needs.

FLUID INTAKE SCHEDULE

| HOW MUCH? | WHEN? |
|-----------------------------|---|
| 1cup (500ml) | 2hours before exercising |
| 2/3 - 1 1/4cup(150 - 300ml) | 15 - 20min. intervals during exercising |

Drink small volumes at regular intervals after exercising to restore body weight

REMEMBER...

- For exercise lasting less than 60 minutes, water is the best replacement.
- For intense exercise lasting greater than 60 minutes, diluted glucose and electrolyte solutions are recommended to provide fuel for working muscles.
- Sports Drinks should be made up of glucose, glucose polymer, and sucrose solutions providing 2.5 to 10% glucose.
- Drinks containing more than 10% carbohydrate may inhibit fluid replacement and cause nausea, diarrhea, and cramps.

Prepared by: Sports Nutrition Specialists