



What is Hydration?

Hydration is making sure that your body has enough water to function properly. Your body is about 60% water! Since water makes up such a big part of your body, it is crucial that you drink enough fluids to maintain good hydration. Dehydration occurs when you don't drink enough water and other fluids to replace what is lost in urine, sweat and breathing. If you are dehydrated, you will not perform at your best. Electrolytes (including sodium, chloride, potassium, magnesium and calcium) are lost in sweat, and help balance your body fluids and keep your muscles working properly.

Why is Hydration Important?

Hydration helps your body maintain its temperature and allows you to perform your best, both in your sport and in the classroom. Maintaining hydration can help with:

- **Performance:** maintains your quick reaction time and helps prevent fatigue
- **Focus:** helps you to pay attention and think clearly
- **Temperature:** allows you to cool yourself down
- **Joints:** helps lubricate joints so they move more smoothly

Water or Sports Drink?

Choose water most of the time to maintain hydration. Sports drinks (such as Gatorade or Powerade) can be used to replace fluids and electrolytes that are lost in sweat during longer activities, but are not always needed.

- For exercise that lasts an hour or less, choose water to replace water lost in sweat
- For exercise that lasts more than an hour, choose a sports drink to replace water and electrolytes lost in sweat

Action Plan

- Start practice or games well hydrated
 - Drink water and other fluids throughout the day
 - Drink 16-20 ounces of water 2-3 hours before exercise
 - Drink 8-10 ounces of water about 10 minutes before exercise
- Prevent excess dehydration (more than 2% of your body weight from water loss)
 - Drink 6-8 ounces of water or sports drink every 15 minutes during exercise
 - This amounts to about 24-32 ounces of water or sports drink every hour
- Replace what you lost during activity
 - Drink 20-24 ounces of water or other fluids for every pound of sweat lost
- Check your urine color
 - Light yellow: well hydrated; good to go
 - Dark yellow: mild dehydration; drink 16-20 ounces of fluid
 - Amber: severe dehydration; drink 20-32 ounces of fluid and contact the Sports Dietitian to develop a hydration plan



***For help creating an individualized hydration plan, contact a
Northside Sports Medicine Dietitian at 1-855-NH-SPORT.***

sportsmedicine.northside.com