



It is important to hydrate before, during, and after physical activity to boost performance, and prevent dehydration and injury. Being proactive rather than reactive is key when it comes to fluid intake.

## COMMON SIGNS OF DEHYDRATION

- Fatigue
- Muscle cramps
- Nausea
- Dark colored urine
- Extreme thirst
- Headache
- Lightheadedness
- Feeling faint

## EFFECTS ON PERFORMANCE

For every 2% of body weight (water weight) lost during activity, performance becomes noticeably impaired. A 2.5% weight loss may reduce an athlete's capacity for work by up to 45%. Additionally, dehydrated soft tissues in the body e.g., muscles, tendons, and ligaments are more susceptible to sprains and strains.

## HYDRATION GOALS

The standard fluid requirement (for both athletes and non-athletes) is to take half of your body weight (lbs) in ounces. For example, a 200lb person should consume at least 100 ounces of fluid daily.

It is important to consume adequate fluid throughout the day, leading up to activity, as opposed to drinking fluid in excess right before the activity. In addition to plain water, flavored water, juices, milks, and foods with high water content such as fruits and vegetables, can also help meet hydration goals.

To replace any fluid losses, drink about 24 ounces of water for every pound lost in sweat. If exercising for over an hour, or when sweating excessively, consider replacing electrolytes with a sports drink or electrolyte packet.

## REFERENCES

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