

# Wellness Topic

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## Hydration

### What are you drinking?

Staying hydrated is particularly important during exercise. Adequate fluid intake is essential for comfort, performance and safety. The longer and more intensely you exercise, the more important it is to drink the right kind of fluids.

#### General Guidelines for Fluid Needs during Exercise

While specific fluid recommendations aren't possible due to individual variability, most athletes can use the following guidelines as a starting point and modify their fluid needs accordingly.

#### Hydration before Exercise

- Drink about 15-20 fl oz, 2-3 hours before exercise.
- Drink 8-10 fl oz, 10-15 min before exercise.

#### Hydration during Exercise

- Drink 8-10 fl oz every 10-15 min during exercise.
- If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15 - 30 minutes.

#### Hydration after Exercise

- Weigh yourself before and after exercise and replace fluid losses.
- Drink 20-24 fl oz water for every 1 lb lost.
- Consume a 4:1 ratio of carbohydrate to protein within the 2 hours after exercise to replenish glycogen stores.

#### Hyponatremia – Drinking Too Much Water

- Although rare, athletes can drink too much water and suffer from Hyponatremia (water intoxication).
- Drinking excessive amounts of water can cause a low concentration of sodium in the blood - a serious medical emergency.