

Hydration Status

As the weather continues to get hotter, it is more important than ever to monitor and maintain your hydration status. Dehydration can impair both your mental and physical performance. If you are thirsty, you are dehydrated and your performance has already been impaired.

Follow these guidelines to maintain hydration status:

- Drink at least 6-8 glasses of fluid everyday.
- Limit your intake of caffeinated and alcoholic beverages.
- Drink more fluids when the weather becomes hotter.
- Monitor your hydration status by your urine color. It should be odorless and pale yellow. Note: Your urine color will change if you are consuming any supplements.

Follow these guidelines to maintain hydration during exercise:

- Drink 10-16 ounces of fluid 15 minutes before exercise.
- Drink cold fluid (about refrigerator temperature) whenever possible.
- For exercise lasting longer than one hour:
 - Drink 4-8 ounces of fluid every 15-20 minutes
 - Consume 30-60 grams of carbohydrate per hour
- Drink water even if you don't feel thirsty. Carry a water bottle and drink frequently.
- Caffeine is a diuretic and causes fluid loss by increasing urine output. Decrease fluid losses by avoiding caffeine before working out or competing.
- Avoid drinking carbonated beverages during workouts and competitions. It will make you drink less and cause feelings of fullness.
- If you compete, consume fluid during workouts as you would in a competition. Avoid experimenting with fluids during competitions.