

# HYDRATION - A Comprehensive Guide

## Hydration Needs

- 80 to 110 milliliters of water for every 100 kilocalories of metabolic rate
- 30 to 40 milliliters of water for every kilogram of body weight
- Increase baseline hydration during intense workouts and high temperatures

## Hydration Strategies

- During workouts – 500 milliliters (*about two cups*) a half an hour in advance and 250 milliliters every 15 minutes during the activity
- Rehydrate after workouts for recovery
- Rehydrate rapidly with 1.5 liters per hour between events and after serious dehydration
- Hydrate and rehydrate with fluids that contain six to eight percent carbs and electrolytes



## Signs of Dehydration

- Thirst and dry mouth
- Dark urine
- Fatigue
- Flushed skin
- Elevated body temperature, pulse and breathing

## Dangers of Dehydration

- Diarrhea and vomiting
- Fever
- Kidney failure
- Heat exhaustion
- Coma
- Death

## Hyponatremia

- Dangerously low concentration of sodium in bodily fluids
- Can be caused by over-hydrating, especially with plain water and no electrolytes
- Signs of hyponatremia – nausea, vomiting, GI distress, headache, hand and foot swelling, confusion