

ARE YOU PROPERLY HYDRATED?

SIGNS OF DEHYDRATION

- Dizziness or light-headedness
- Thirstiness
- Nausea or Vomiting
- Headache
- Muscle cramps
- Dry mouth
- Sweating stops (dry skin)
- Heart palpitations



QUICK SELF CHECK

- Urine is pale (like lemonade) = PROPERLY HYDRATED
- Urine is dark (like apple juice) = INCREASE HYDRATION

HYDRATION GUIDELINES

BEFORE ACTIVITY

Water

- Weigh yourself
- 2-3 hours before:
15-20 fl. oz.
- 10-15 min. before:
8-10 fl. oz.



DURING ACTIVITY

Water (+Sports Drink)

- Every 10-15 min.:
8-10 fl. oz.
- If active > 90 min.:
 - Every 15-30 min.:
8-10 fl. oz. of
sports drink - Gatorade®
or Powerade® with $\leq 8\%$
carbohydrate



AFTER ACTIVITY

Water + Carb/Protein Drink

- Weigh Yourself
- Replenish with
20-24 fl. oz.
water for each
lb. of weight
lost
- Replenish glycogen with
a 4:1 ration carbohydrate
to protein drink (within
2 hours after)