Developing a personalized fluid replacement plan is a critical part of fueling for peak performance. Losing as little as 2% of your body weight (i.e., 3 pounds for a 150 pound person) can have detrimental consequences for even the most elite athlete.

The physical and mental effects of dehydration:

- Muscle strength
- Speed
- Stamina
- Energy
- Mental Focus

- Heat illness
- Risk of injury
- Cardiovascular stress

A well-hydrated athlete will train harder and perform better!

Practical Points:

- Hydrate BEFORE workouts and competitions. Get into the habit of drinking fluids throughout the day and at least within four hours before activity. See the chart on the back for specific guidelines.

- Take sips during time-out's and breaks. Aim for 6-8 ounces every 15-20 minutes.

- Water is a good choice if you're exercising for under an hour and at a light to moderate intensity.

- Sports drinks (with 6-8% carbohydrate concentration) are better options for when you're active for more than an hour and exercising at a moderate to high intensity.

- Start to rehydrate right after practice or competition. Fluids with carbohydrates and electrolytes can help you replace fluids more quickly.

- Periodically check your weight before and after practice to see how much fluid you've lost. Drink 2-3 cups of fluid to replace each pound lost.

- Include “high-fluid” foods (fruits, vegetables, juice, yogurt, smoothies, soup) in your diet.

- If you lose a lot of sodium when you exercise, include salty foods, like pretzels or soup, to your pre-exercise meal and use a sports drink while exercising. You may even need to add a little extra sodium to your sports drink (start with 500 mg, the amount in most fast food packets).

- Check the color of your urine- aim for a light color. Think "lemonade" instead of "apple juice."

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### How Much Is Enough?

<table>
<thead>
<tr>
<th>Timing</th>
<th>Fluid Goal</th>
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</thead>
<tbody>
<tr>
<td>At least 4 hours before activity</td>
<td>2-3 milliliters/pound*</td>
</tr>
<tr>
<td>During activity</td>
<td>Average of 6-8 ounces every 15-20 minutes</td>
</tr>
<tr>
<td>Within 2 hours after activity</td>
<td>2-3 cups for every pound of fluid lost</td>
</tr>
</tbody>
</table>

*240 milliliters = 8 ounces = 1 cup

For example: 200 pound athlete would require ~400-600 milliliters (~1 ¾ - 2 ½ cups) at least 4 hours before activity.