



Avoid Dehydration This Summer

Quench your thirst this summer when working out by getting the proper balance when it comes to hydration. Knowing exactly how much fluid to consume before, during, and after your workouts can help prevent dehydration and hyponatremia.

Choosing Your Hydration Fluid

- If you are not running a race, drink eight ounces of cool water every 20 minutes
- If you are exercising longer than 40 minutes, choose a sports drink that has sugar or salt in it to help you get water into your body faster.
- Weigh yourself right before and after workouts. For every pound lost, drink eight ounces of fluid.
- Weigh yourself in the morning and you are anywhere from 1% to 3% lighter than the day before, rehydrate by drinking eight ounces of fluid for each pound lost before training again.

Detecting Dehydration

- Early signs of dehydration may include poor concentration, headache, and inability to think clearly
- Drink before your thirst kicks in. Drink 16 ounces before an even or session so your body is properly hydrated
- During a 45-minute fitness class, you should try to work through a water bottle.
- The best way to tell if you are dehydrated is to check your urine. If your urine is the color of lemonade or clear, you are properly hydrated.

Too Much Fluid= Intoxication

- Drinking excessive amounts of water can cause hyponatremia: low levels of salt in the blood
- Low levels of salt in the blood can cause a clouding of consciousness, nausea/vomiting, lightheadedness, dizziness, and severe cases of seizures, unconsciousness or death.

Drinking no more than eight ounces of fluid every 20 minutes provides enough but not too much fluid!

Source: www.webmd.com

