



H₂O

are you drinking enough...that's water?

Thirst is never a reliable indicator of an athlete's fluid needs. To be well hydrated, you must drink before, during and after exercising...and then drink some more.

If you're drinking enough, you should:

- Urinate often
- Your urine should be the color of lemonade, not apple juice.

In its mildest form, dehydration makes you feel tired and uncomfortable and impairs your performance. In severe cases, it can kill you.

Watch for these signs of dehydration:

- Dry mouth
- GI problems such as nausea, dizziness, confusion, increased weakness; and
- Extreme thirst with no urine output, hallucinations, swollen tongue, high body temperature.

Fluid Guidelines For Athletes:

- Drink extra fluids the day before an event, and shoot for at least eight 8 oz. glasses.
- Drink 16-20 oz. of fluids 2-3 hours before the event.
- Drink another 8-16 oz. before the event starts.
- During the event, drink every 15 minutes.
- After the event, drink more.
- Water is the fluid of choice for events under 60 minutes. For longer events a sports beverage may be a better choice.
- Salting food liberally may also be recommended for some athletes.
- Drink by schedule, not just when you are thirsty.
- Invest in a water bottle with a pop-up top. You may find it easier to drink more.