

## Staying Hydrated and In-line with your Performance!

Have you ever experienced the feeling of dizziness and/or fatigue in the middle of a tough workout or competition, or that post training headache that just doesn't want to go away? We often think this is due to lack of sleep, muscle fatigue, or being run-down. Any or all of these could be contributing factors yet an often overlooked issue is that of hydration :are you drinking sufficient fluids to support your level of activity?

### SWEATING IT OUT

When you train and compete, your working muscles generate heat. The harder you exercise the greater the amount of heat that is produced. This unwanted heat is dissipated in the form of sweat, helping you to stay cool. But the water loss through sweat can affect your performance by increasing your body temperature and accelerating fatigue. In fact, you can lose up to a liter of water per hour during a workout, and double that if you are training in hot or humid weather.

You can tell how much water you have lost simply by weighing in before and after a training session or game. The weight difference, which could be as little as ½ a kilogram to over 2 kg during workouts in hot climates (oh those rich few who can train the winter away in the south) is due to body fluid loss - also known as SWEAT or WATER!

### RUNNING DRY

Your body needs water. Water helps deliver oxygen to the working muscles and helps you to stay cool. But as you lose water through sweat, you become dehydrated, decreasing the volume of blood circulating in your body and forcing your heart to pump harder during exercise. Because you now have less fluid in the body, there is decreased sweat production, causing heat to build up in the body.

**THE END RESULT:** you are running the risk of fatigue, headaches and cramping! Ultimately, your performance suffers.

### STAYING COOL

Sweating and water loss through sweat are natural phenomena of exercise. But a decrease in our ability to perform can be avoided by taking care to ensure adequate pre-, during, and post-exercise hydration.

1. Prepare yourself in advance of your training and competitions
2. Drink fluids throughout your training session or competition
3. Rehydrate after exercising

### FLUID INTAKE GUIDELINES:

To ensure that you are properly hydrated use the following guidelines in your daily training:

1. **Prepare yourself in advance of your training and competitions:**
  - drink a minimum of 2 liters (8 cups)of fluid during your day

- consume a pre-workout drink in the ½ hour before exercise of 250 ml (1 cup or more)
- drink more if you sweat heavily
- drink more if you are training in hot/humid conditions

## 2. Drink fluids throughout your training session or competition:

- drink 125 - 250 ml (1/2 - 1 cup) of fluid every 10-20 minutes
- drink more if you sweat heavily
- drink more if you are training in hot/humid conditions

## 3. Re-hydrate after exercising

- weigh yourself after exercising
- replace each kg weight loss with 1 liter (4 cups) of fluid

## What is the BEST choice for rehydration?

You just can't beat water!....BUT...if you are exercising vigorously for more than 60-90 minutes it is recommended to consume a carbohydrate drink that has approximately 6-7% carbohydrate. This could be any of the sport drinks that are on the market at present (e.g. powerade, allsport, excel, gatorade, etc.) or a fruit juice diluted half and half with water. This % carbohydrate has been shown to be the most effective for optimal rate of hydration and carbohydrate absorption during a training session.

## Make your own sport drink:

- 1/4 cup fruit juice
- 1/4 tsp salt
- 4 tbsp sugar
- 3 3/4 cup WATER

This gives carbohydrate and electrolyte composition similar to many commercial sports drinks.

**The Bottom Line:**  
**Drink when you are thirsty!**  
**Drink when you are not thirsty!**  
**And....drink in between!**

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