



# sports and hydration

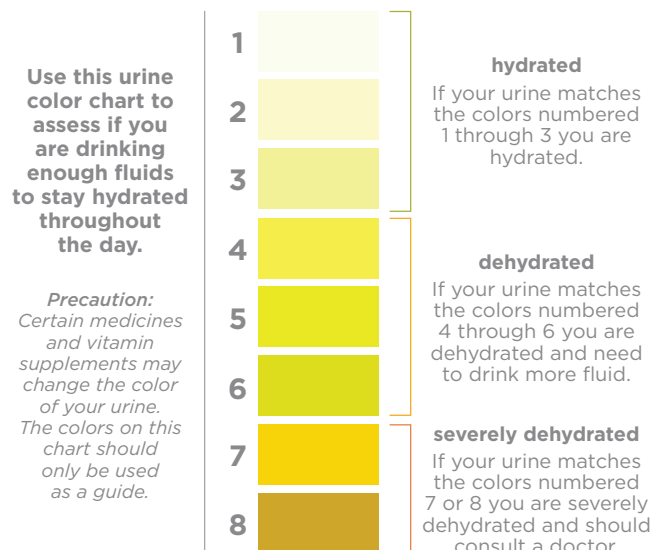
The Center for the Female Athlete

Hydration is key to good sports performance and athlete health. The “right” amount to drink varies between different athletes and different circumstances. Exercising in a hot, humid environment requires more hydration than exercising in a cool, comfortable environment — even for the same athlete.

The more an athlete is adapted to the heat, the more they sweat. The saltier the sweat, the more electrolytes they need. As you can see, the fluids you need today may not be the fluids you need next month.

Here are some easy tips to keep up with the body’s changing needs.

- Check hydration by looking at the urine color. Urine should be pale yellow to colorless. Darker colors indicate dehydration.



- Drink water before all activities, and continue during bouts of training and exercise.
- Start replacing salt lost through sweat around 30-60 minutes into exercise.
  - o The exact time will vary based on temperature, humidity, conditioning level, and genetics
- Sports drinks, like Gatorade, Powerade and Body Armour, are easy to drink while on-the-go and replace salt losses.
- Caffeinated beverages, energy drinks and sodas should be avoided before, during and after trainings.
- When choosing a sports drink, be sure to trial at practice first before game day to find one that works for you. Be sure to choose a sports drink that does not cause gastrointestinal discomfort.
- Other options to replace salt losses include soup broth, pickles, electrolyte gels, salt tablets and salty snacks like pretzels.
- After the exercise activity, have a sports drink and snack as you replace additional salt through food.
- Next, switch back to water for the rest of the day.

