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## NUTRITION INFORMATION FROM YOUR DIETITIAN

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### Sports Nutrition: Hydration

Hydration is the process of getting water or fluids into the body so it can physically function. Athletes must stay hydrated (maintain fluid levels) in order to train and compete at top levels. Understanding how to hydrate will help you perform at your best and prevent problems such as dehydration and poor recovery.

#### Importance of water

More than half the body's weight comes from water. Water helps with many important body functions, such as:

- Regulating body temperature
- Moving nutrients through the body
- Removing waste
- Balancing electrolytes (chemicals that help muscles function)
- Maintaining blood pressure

The body can quickly lose fluid through sweating and even heavy breathing. Losing as little as 2% of your weight in water will impact performance. If you continue to lose more fluids than you take in, you will become dehydrated. Dehydration puts you at risk for muscle cramps, headaches, dizziness, and even heat exhaustion or heat stroke. Dehydration can also slow your recovery.

#### Staying hydrated

Use the following tips to help you stay hydrated:

- **Always carry a water bottle with you and drink throughout the day.**
- **Drink a glass of water, milk, or 100% juice with every meal.**
- **Drink more than you lose.** Plan to replace 150% of lost fluid after training (one and a half times what you lose). See page 2 for instructions.
- **Drink fluids in cold weather.** While you may not be sweating, the body also loses water as you breathe.
- **Drink before you're thirsty.** Pay attention to your thirst.
- **Monitor your urine (pee) color to prevent dehydration.** When hydrated, your urine will be clear or light in color. Dehydration causes urine to get darker in color. See the chart on page 2 for more information.

When it comes to hydration, remember that everyone is different. There are lots of things that can affect hydration, such as:

- Age
- Gender
- Body mass
- Sweat rate
- Climate and temperature
- Altitude
- Activity or sport type
- Duration of activity

If you're having a hard time staying hydrated, work with your sports nutritionist to customize a hydration plan specific to your individual needs.

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**This handout is intended for use during an appointment with a registered dietitian only, and is not meant for use by other clinicians.**

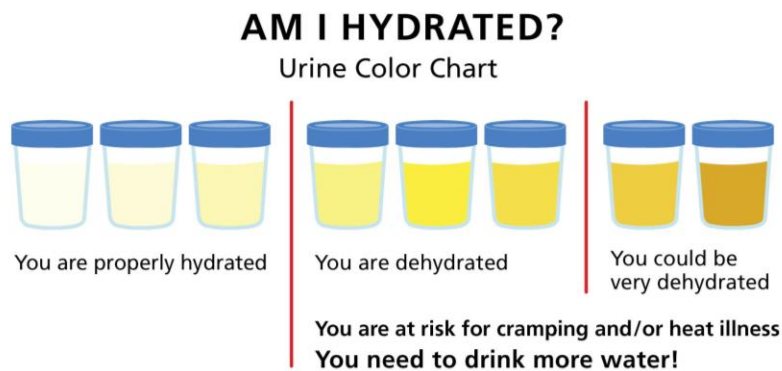
## Sports drinks

Sports drinks are designed to be used before, during, or after intense or long trainings and competition days. These beverages provide fluids, electrolytes, and carbohydrates needed specifically for:

- Intense training lasting longer than 60 minutes, especially in heat
- Endurance events longer than 90 minutes
- During trainings and competitions at altitude (above 4000 ft. over sea level)
- Tournaments, multi-day events, and two-a-day practices
- During recovery from exercise

**Sport drinks should not be your “go-to” drink during the day.** Opt for plain water, milk, or 100% fruit juice instead, and save the sports drinks for training, competition, and recovery.

## Urine color



### Replenishing fluids

To fully replenish fluids after exercise, you need to take in more fluids than you lost. Weight lost during exercise is typically water from sweat. By weighing yourself before and after exercise, you'll know how much water weight you lost. **Plan to drink one and a half (1½) times that weight to rehydrate.** Follow the steps below: (To get an accurate weight measurement, weigh yourself without any clothes on.)

$$\begin{array}{l}
 \textcircled{1} \quad \underline{\hspace{2cm}} \text{ lbs (pounds)} - \underline{\hspace{2cm}} \text{ lbs (pounds)} = \underline{\hspace{2cm}} \text{ lbs (pounds)} \\
 \text{Weight before} \quad \text{Weight after} \quad \text{Weight lost} \\
 \text{exercising} \quad \text{exercising} \\
 \\
 \textcircled{2} \quad \underline{\hspace{2cm}} \text{ lbs (pounds)} \times 1.5 = \underline{\hspace{2cm}} \text{ lbs (pounds)} \\
 \text{Weight lost} \quad \text{Amount to drink} \\
 \text{Amount to drink} \quad \text{(in pounds)} \\
 \\
 \textcircled{3} \quad \underline{\hspace{2cm}} \text{ lbs (pounds)} \times 16 = \underline{\hspace{2cm}} \text{ oz (ounces)} \\
 \text{Amount to drink} \quad \text{Amount to drink} \\
 \text{Amount to drink} \quad \text{(in ounces)}
 \end{array}$$

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