

Hydration

It is important to drink the right amount of fluid **before, during, and after physical activity** to provide your body the fluid it needs to perform properly.

GOAL

The overall goal is to minimize dehydration. Hydration goals vary among individuals. On average, you need 72-104 oz of water each day. Campus dietitians can help with individual hydration goals.

There are some simple ways to monitor hydration status:

Urine color: The color of urine first thing in the morning can indicate hydration status. Pale yellow urine indicates adequate hydration, while dark yellow urine indicates dehydration.

Good

Fair

Light
Dehydration

Dehydration



Sweat loss: Changes in body weight before and after exercise can indicate sweat loss during exercise

SYMPTOMS OF DEHYDRATION

- **Intense thirst**
- Exhaustion or increased perception of effort
- Increased body temperature
- Faster breathing and pulse rate
- Confusion
- Fainting

FLUID REPLACEMENT

- Drinking water is the only way to rehydrate and cool your body.
- For athletes engaged in moderate- to high-intensity workouts, sports drinks with electrolytes may be more appropriate than water.
- **It is important to replace fluids lost during exercise.**

FLUID LOSS

The following conditions can increase fluid loss through sweat:

- High air temperatures
- Intense workouts
- Body size and gender — men are more likely to sweat more than women
- Duration of workout — the longer the workout, the more fluid loss
- Fitness level — well-trained athletes perspire more than less-trained athletes

Sources

Harvard T.H. Chan School of Public Health. "How Much Water Do You Need?" <https://www.hsph.harvard.edu/nutritionsource/water/>

Academy of Nutrition and Dietetics. "Hydrate Right." <https://www.eatright.org>