



Stay Hydrated!

8 CUPS A DAY?

As it turns out- no one is really sure where this recommendation came from! This claim that 8 cups a day is the magic number to proper hydration is unsubstantiated by research. In fact, a lot of the fluid we need long-term comes from the food we eat. According to the newest scientific guidelines, we can include the fluid from caffeinated and other sweetened beverages as part of our daily intake. Now this does not mean that you should replace your usual water intake with iced tea or your sports drink with soda, but it does mean that everything counts in some way....

So what does this mean for active athletes?

Highly active people have increased fluid losses, mostly from sweat. Inadequate hydration may also result from supplement use, compromised thirst sensation during intense activity, and even from diet. Another concern for athletes is that dehydration can impair performance and lead to injury. Thirst may be a reliable reminder to drink for less active individuals but athletes should not wait until they feel thirsty to drink- especially under hot and humid conditions!

HOW TO STAY WELL HYDRATED

- ✓ Carry something to drink with you at all times- even a few extra sips will make a difference!
- ✓ Monitor urine color and frequency- urine should be clear or almost clear
- ✓ Eat plenty of fresh fruits and vegetables- this will benefit overall health and they also provide a significant amount of fluid
- ✓ Monitor your sweat rate ... the more sweat lost during an activity, the more needs to be replaced afterwards - every pound lost should be replaced with 2 cups (16oz) of fluid
- ✓ All fluids count but when being active choose water or sports drink
- ✓ Sports drinks are a good choice when you are in the mood for some flavor, exercising in heat, or competing in an endurance event