Hydration Fact Sheet

50-60% of our body is made up of water. Breathing, temperature regulation and sitting still cause us to look between ½ to 1 litres of fluid per day.

We need between 2.7 and 3.7 Litres of water a day.

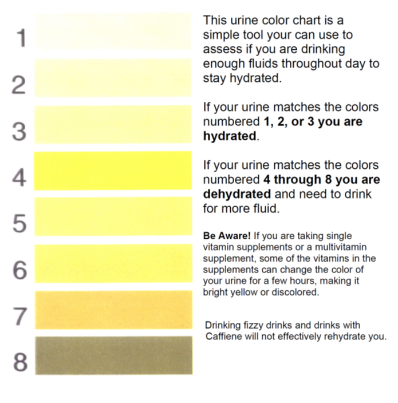


Exercises increases body temperature and we lose more fluid in sweat.

It is important to drink before during and after a session to restore the correct fluid levels.

Dehydration

* Dehydration is caused when we lose more fluid than we are drinking.
* This is often due to sweating during exercise.
* Even swimmers sweat which causes fluid loss.
* Dehydration leads to muscle cramps, poor performance, poor concentration and can lead to more serious problems if severe.
* You need to drink more when exercising and also in warm weather or warm environments.

How to check for Dehydration

* The best way is to look at the colour of your urine and see if you are hydrated.
* On the colour chart 1, 2 and 3 are hydrated
* 4-8 are dehydrated

****How to stay Hydrated

* Drink little and often
* Always have a drinks bottle with you even at school
* Drink water or cordial as the main fluid used to hydrate
* Fruit juices and Smoothies are less hydrating than water
* Drinks including Caffeine cause greater urine loss so can increase Dehydration
* Avoid Fizzy drinks and those with high sugar levels



Training Fluids

* Water based drinks
* No need for sports drinks in most training sessions
* Make sure you start the session well hydrated

Before a session

* 2 hours before a session
  + Drink ½ litre of water in small sips.
  + Drink a further 125ml-250ml just before training.

During Exercise

* Drink small amounts of water or cordial regularly.
* Aim for 125ml-250ml every 20 minutes.
* That works out at 1 ½ litres in a 2 hour session.

After Exercise

* Make sure you have a drinks bottle when doing your stretches.
* You need to drink approximately ½ a litre straight after exercise and then continue with little sips of water or cordial after this time.