

# Hydration Guidelines for the Physically Active

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The logo features the word "SMART" in a large, bold, blue sans-serif font. To the left of the "S" is a stylized graphic of a hand with fingers spread. To the right of "SMART" is the word "SERIES" in a smaller, blue, sans-serif font, oriented vertically.

SMART SERIES



# Disclosures

- I have no relevant financial relationships/interest to disclose



# Learning Objectives

- Common hydration definitions
- Hydration guidelines before and during activity
- Recovery hydration guidelines and best practice
- Dehydration vs. ??

# Common Definitions & Terms

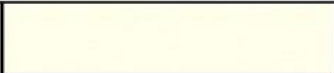
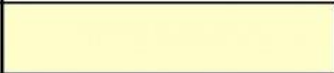
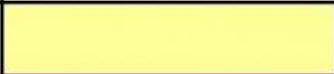





- **Euhydration** - normal state of body water content; absence of absolute or relative hydration or dehydration
- **Hyperhydration** – drinking too much water
- **Hyponatremia** – low blood sodium concentration
- **Dehydration** – loss of body water through sweating, vomiting, urinating and diarrhea
- **Hypohydration** – a dangerous loss of body fluid caused by illness, sweating, or inadequate intake (3% body loss)

# Am I Hydrated

- “Urine Color Chart”
- Not just athletes – all “physically active” people
- Know general hydration levels for WT
  - 100 lbs
    - 50 oz at baseline
    - 2% BW (2 lbs - 32oz).
  - 200 lbs
    - 100 oz (2% | 4 lbs | 64 oz)

## AM I HYDRATED?

Urine Color Chart

1		If your urine matches these colors, you are drinking enough fluids
2		Drink more water to get the ideal color in Shade 1 and 2.
3		Dehydrated
4		You may suffer from cramps and heat-related problems
5		Health risk! Drink more water.
6		Health risk! Drink more water.
7		Health risk! Drink more water.
8		Health risk! Drink more water.

# BEFORE PHYSICAL ACTIVITY

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# Before Physical Activity

- Intentionally pre-hydrate
- Urinate every 2-4 hours
- 1 to 2 hours before, 4-8 ounces of water (~1 cup)
- 10 to 15 minutes before another 4-8 ounces of water (~1 cup).

DURING PHYSICAL ACTIVITY

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# During Physical Activity

- Opinions vary but in general but
  - ... for every 15 minutes of exercise, drink  $\frac{1}{2}$  to 1 cup or more (4-10oz) of fluid
  - ~6-8 gulps of water per break
- However, if you are a very heavy sweater, you may need A LOT more than that!
- Goal is to prevent  $<2\%$  body weight reduction during exercise.

# AFTER PHYSICAL ACTIVITY

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# After Physical Activity

- Ideally, check your body weight **BEFORE** and **AFTER** exercise (Weight Chart) or on an app
- For every pound lost, consume a minimum of 150% (3 cups 24oz of fluid (**16 oz out, 24 oz in**))
- After prolonged, rigorous, exercise greater than one hour:
  - Sports drinks > water mixed with electrolyte tablets, chocolate milk, and juice
- Can eat fruit and salty foods like soup and pretzels post.

# After Physical Activity

Headache

Nausea

Dizziness

Fatigue

Balance Issues

Mental Fogginess

Difficulty Concentrating

Dehydration

OR

Concussion

# THANK YOU

## Resources

1. “WIAA Heat Information.” [Www.Wiaawi.Org](http://www.wiaawi.org), [www.wiaawi.org/Health/Heat-Information#4247548-fluid-replacement-and-dehydration](http://www.wiaawi.org/Health/Heat-Information#4247548-fluid-replacement-and-dehydration). Accessed 20 May 2021.
2. McDermott, Brendon P., et al. “National Athletic Trainers’ Association Position Statement: Fluid Replacement for the Physically Active.” *Journal of Athletic Training*, vol. 52, no. 9, 2017, pp. 877–95. Crossref, doi:10.4085/1062-6050-52.9.02.
3. Casa, Douglas J., et al. “National Athletic Trainers’ Association Position Statement: Exertional Heat Illnesses.” *Journal of Athletic Training*, vol. 50, no. 9, 2015, pp. 986–1000.

