

BUILD A BETTER: HYDRATION



Hydration plays a huge role in performance and training. Water is responsible for maintaining body temperature, lubricating our joints and protecting our organs, is a main component of digestion, transports molecules and is a key player in turning the food we eat into usable energy. Training while dehydrated can impair performance, increases risk of injury, increases cortisol levels, causes lightheadedness, nausea, and fatigue. Read below for helpful tips and information on how to properly hydrate.



Hydration Guidelines

The standard recommendation for daily hydration is consuming HALF of your body weight in ounces. For example, a 180lb person should aim to drink 90oz of water per day. This amount is a baseline recommendation, giving a great starting point for adults who are mostly sedentary.

When you begin to factor in changes in temperature, exercise intensity and duration, sweat rate and overall diet, our fluid needs can change quite a bit.

We always want to start out on the right foot and avoid becoming dehydrated prior to exercise or as a result of training. Our thirst cue is an unreliable indicator of hydration status, and often by the time we realize we are thirsty, we are already mildly dehydrated. Use these tips to stay ahead of your hydration:

Prevent Dehydration

- Start your day with fluid, include at least 1 cup of water within the first 20 minutes of waking up.
- Eat your water. Increase fruit and vegetable intake when possible, most of these sources will contain 70% water or more!
- Carry a water bottle with you or have multiple accessible. Keep one at your home office, next to your bed, at work, and in the car if you are someone who struggles to remember to bring one.
- Make hydrating fun by adding in mint, basil, cucumber, strawberries, raspberries, lemon or even add a small amount of 100% fruit juice.
- Count fluids like coffee, sparkling water, and unsweetened beverages to your overall intake. Coffee, when consumed moderately provides hydrating qualities, and can be a great pre-workout drink!
- Assess for other signs of dehydration like urine color, decreased urine output, dry mouth/lips, lethargy.

Hydrated Urine



Dehydrated Urine



Electrolyte Guidelines

Electrolytes include sodium, chloride, calcium, magnesium, and potassium. We lose electrolytes through our urine and sweat with sodium and chloride accounting for the biggest loss, between 35-140%. Consuming added electrolytes might be a necessary part of your nutrition routine to help rehydrate.

Assessing Electrolyte Status

If you're a salty sweater and notice salt stains or white residue on your workout clothes, or if you can taste your sweat or it's burning your eyes during a workout. If you're exercising in warmer temperatures. If you are experiencing symptoms similar to dehydration and intense muscle cramping.

- Replenish fluids.
- Salt your meals, especially after training.
- Combine post-workout snack + electrolyte replacement by eating pretzels, crackers, cottage cheese with fruit.
- If you're a pickle lover, snack on pickles or include them in your post-workout meal!
- Utilize electrolyte replacement drinks, powders, tablets.

