

Stay Hydrated

For adolescent and young adult athletes

Dehydration: the loss of salt and fluids the body needs to maintain normal function

Dehydration can cause: muscle fatigue; inability to regulate body temperature; muscle cramps; heat exhaustion; heat stroke; and decreased coordination, energy, mental/cognitive performance, and overall athletic performance.

	Low impact, low intensity (<1 hour of activity)	Moderate intensity; High intensity, high endurance (1 or more hours of activity, or multiple workouts per day)
<i>Before activity</i>	4 hours before <ul style="list-style-type: none">• 16-20 oz. of water or sports drink 10-15 minutes before <ul style="list-style-type: none">• 8-12 oz. of water	4 hours before <ul style="list-style-type: none">• 16-20 oz. of water or sports drink 10-15 minutes before <ul style="list-style-type: none">• 8-12 oz. of water
<i>During activity</i>	3-8 oz. of water every 15-20 minutes Do not drink more than 1 quart per hour	3-8 oz. of a sports beverage every 15-20 minutes Do not drink more than 1 quart per hour
<i>After activity</i>	20-24 oz. for each pound lost during activity	20-24 oz. for each pound lost during activity

Food for Thought

- Drink before you are thirsty and drink plenty throughout the day. Minimize caffeine intake to 180 mg/day or less. Avoid energy drinks.
- Thirst should not be used to monitor hydration status. It is better to weigh yourself nude before and after your workout to estimate your sweat loss.
- Urine color can also indicate dehydration. The darker the urine, the more dehydrated you are.
- Dehydration can occur in hot or cold weather.
- Warning signs of dehydration: increased perspiration and body temperature, premature fatigue, decreased exercise capacity and early fatigue, dizziness, increased weakness, and labored breathing.

Disclaimer: This serves as a generalized informational tool and may not be suitable for all adolescent and young adult athletes. Please review appropriateness and individual needs with your health care provider.