

HYDRATION & DEHYDRATION

Dehydration Prevention

- Begin exercising well hydrated
- Allow for hydration during exercise according to thirst
- Adequate salt intake
- Verify original body weight prior to exercising
- Check urine color - light yellow or amber is desired
- Light color cotton clothing with ability to allow air flow while exercising

Post-activity strategies for Dehydration

- Ensure adequate salt intake after activity
- 1 pint of water/carbohydrate solution for every pound lost post-activity
- Carbohydrate solutions may be more beneficial for longer endurance events
- Appropriate nutrition post-activity event

