



# Hydration Tips for Student Athletes

## Hydration:

The body is over 60% water. Losing even a small amount of that fluid, 2% of body weight, can result in dehydration. This can increase effort, heart rate, and risk of overheating, as well as impair performance and cause fatigue. Monitoring urine color is an easy way to assess hydration status; it should be pale yellow.

**Best choice: Water for daily hydration both on and off the field.**

### *Other options:*

- + Low-fat milk provides carbohydrates, electrolytes, protein, calcium, and Vitamin D. It is best with meals or as a recovery drink. Athletes need three servings of calcium-rich foods each day.
- + Sports drinks are a good option when practicing or competing at a high intensity for longer than an hour. They contain carbohydrates and electrolytes to provide energy and promote hydration. They are especially important during hot, humid conditions when athletes are losing significant amounts of fluids.
- + 100% juice in a small portion of 4-6 ounces once a day. The best time for juice is with a meal or snack, but not during exercise as it can cause stomach and gastrointestinal upset. For athletes watching their weight, fruits and water would be a better hydration option.

(Continued on back)



(Continued from front)

## Before Activity

<b>2-3 hours before</b>	<b>16-24 oz. of fluids</b>
	<ul style="list-style-type: none"> <li>+ Water</li> <li>+ Non-fat milk</li> <li>+ 100% fruit juice</li> <li>+ Sports drink</li> </ul>
<b>20 minutes</b>	<b>5-10 oz. (each gulps is about an ounce)</b>
	<ul style="list-style-type: none"> <li>+ Water</li> <li>+ Sports drink</li> </ul>

## During Activity

<b>If it is hot and humid, fluid needs are increased.</b>	
<b>Every 15-20 minutes</b>	<b>4-8 oz. – water is fine</b>
<b>More than 60 minutes</b>	<b>1-8 oz. every 15-20 minutes</b> <ul style="list-style-type: none"> <li>+ Water and a salty snack like pretzels</li> <li>+ Sports drink</li> </ul>

## After Activity

<b>How much did you lose?</b>	
	<b>For every pound of body weight lost during exercise, consume 16-24 oz. of fluid.</b> <b>Monitor urine color.</b> <ul style="list-style-type: none"> <li>+ Chocolate milk, low-fat</li> <li>+ Water</li> <li>+ Broth or vegetable juice for sodium replacement</li> <li>+ Low-calorie electrolyte drink</li> </ul>

Developed by Dawn Holmes, MS, RD, LD, Dholmes3@ohiohealth.com  
 Adapted from: PowerBar Sports Nutrition & Hydration, and  
 Sports Cardiovascular and Wellness Nutrition (SCAN), Exercise Hydration,  
 Nutrition Fact Sheets Issue 5, April 2009.

FOR MORE  
INFORMATION

**Our sports medicine team is available 24/7.**  
 Call us today at (614) 566.GAME (4263) or  
 visit [OhioHealth.com/SportsMedicine](https://www.ohiohealth.com/SportsMedicine)  
 Same-day appointments available

**A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM**

8 HOSPITALS + MORE THAN 20 HEALTH AND SURGERY CENTERS + WELLNESS + PRIMARY AND SPECIALTY CARE  
 URGENT CARE + HOSPICE + HOME CARE + 22,000 PHYSICIANS, ASSOCIATES AND VOLUNTEERS

© OhioHealth Inc. 2013. All rights reserved. FY13-127-648. 02/13.



**OhioHealth**

BELIEVE IN WE™