

# Sports Nutrition

## Fueling your body for movement: Hydration

### 1 Importance of Hydration

Hydration is a key component of both ability in sport and in recovery from exercise. Dehydration causes decreases in power, mental clarity, and endurance.

Dehydration Level	Physical Effects
1% Body Weight Loss	Thirst, Increased heart rate
2% Body Weight Loss	Decreased mental clarity, decreased physical performance
3-5% Body Weight Loss	Decrease in muscle strength, decrease in muscle power, decrease in endurance
6-8% Body Weight Loss	Headache, dizziness, increased body temperature, increased respiratory rate

### 2 Sweat Rate

$$\text{SWEAT RATE} = (\text{Pre exercise weight} - \text{post exercise weight}) + \text{fluids consumed during in oz}$$

Common sweat rates are 1-4lbs/hour. Every pound lost in sweat should be replaced with 16oz of water immediately after exercise.



### 3 Timing

Before Practice: 16-20oz water consumed 2 hours before



During Practice: Drink 6-8oz water every 15-20 minutes of activity



After Practice: Replenish every pound lost with 20-24oz



### 4 Urine Color

