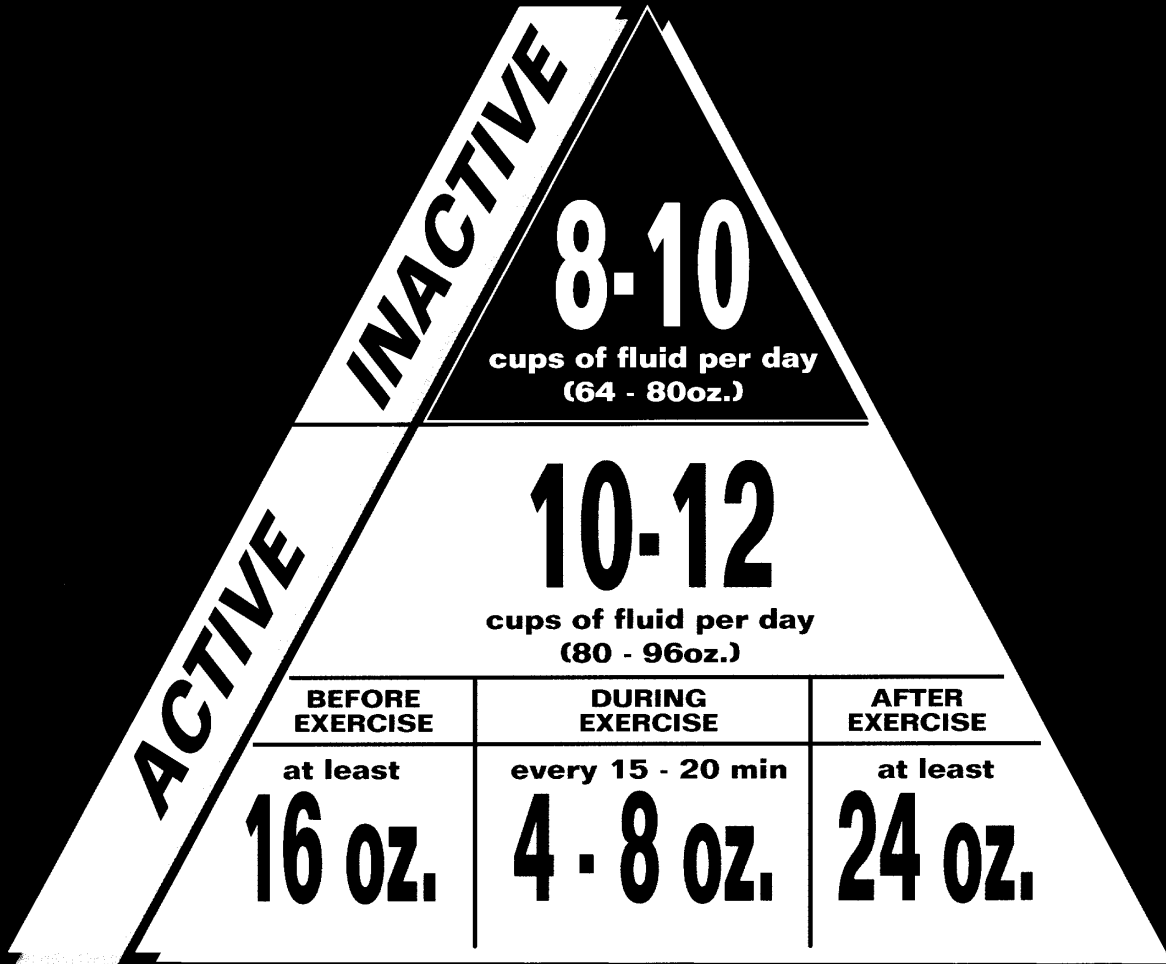




The University of Arizona  
**CATS Team Nutrition**

# FLUID GUIDELINES PYRAMID



## HYDRATION TIPS

**⚡ Drink on a schedule, not just when thirsty.**

When you feel thirsty, you've already lost important fluids & electrolytes and may be dehydrated.

**⚡ Drink fluids before, during & after exercise.**

Take a squeeze bottle filled with water or a sports drink to your workout.

**⚡ Check your hydration status.**

A clear light-colored urine means you're well hydrated.

# Rehydration: The Key to Peak Performance During and After Hot Weather Exercise

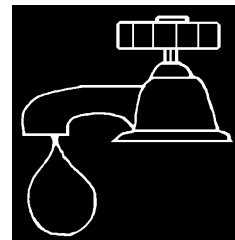
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Proper fluid replacement before, during, and after physical activity positively influences an athlete's performance. Maintaining body fluid levels during exercise becomes especially important when the body water loss from skin and lungs exceeds eight cups per hour, as it often does in hot weather.

Thirst is an unreliable indicator of fluid needs after exercising in hot weather. Athletes can drink enough fluid to quench their thirst and still be dehydrated. When your urine is a pale yellow color, like fresh squeezed lemon juice, and does not have a strong smell, your body water level is good. If your urine is the color of apple juice and has a strong smell, you are probably dehydrated.

## THE FOLLOWING GUIDELINES WILL HELP ATHLETES MAINTAIN PROPER HYDRATION DURING PRACTICE AND COMPETITION:

- ◆ Drink at least 1 cup of fluid every 15-20 minutes during training and competition.
  - ◆ Do not restrict fluids before or during an event.
  - ◆ Avoid beverages containing caffeine and alcohol because they increase urine production and add to dehydration.
  - ◆ Rehydration will occur more rapidly when beverages containing sodium are consumed. Ingesting a beverage containing sodium allows the plasma sodium to remain elevated during the rehydration period and helps maintain thirst while delaying stimulation of urine production.
  - ◆ Beverages that contain glucose or sucrose with 6-8% concentration provide a source of energy for working muscles and stimulate fluid absorption in the gut.
- ◆ Weigh in without clothes before and after exercise, especially during hot weather. For each pound of body weight lost during exercise, drink at least 2 cups of fluid.
  - ◆ Drink 22 cups of fluid two hours before practice or competition.
  - ◆ Drink 12 cups of fluid 15 minutes before the event.



[Source: Adapted from the *Sports Science Exchange* C Gatorade Sports Science Institute, P.O. Box 81740, Chicago, IL 60681-0740,