

Guidelines to Staying Hydrated for Exercise



Studies show that even mild dehydration can reduce your endurance, make your session seem more difficult both physically and mentally, and cause your workout to tank.

1 Water drinking guidelines for exercise

- Drink 12 to 16 ounces of water before exercise
- Sip 6 to 12 ounces every 20 minutes while you are working out
- Drink at least 24 ounces after exercise to replace lost fluids

2 For exercise less than 90 minutes

Water alone is usually enough for fluid replacement

3 For moderate or vigorous activity in hot or dry weather

- Replace lost electrolytes by sipping coconut water or a sports drink
- A make it yourself electrolyte drink
 - 8 ounces 100% fruit juice, 8 ounces of plain water, and a 1/2 teaspoon of salt

4 To see if you are drinking enough water

- Check your urine (pee). If the color is pale yellow - like the color of lemonade - you are probably drinking enough
- If it is darker, increase your water

5 To see if you have been drinking enough water

- Check your weight before and after exercise
- If you have weight loss, it is probably due to fluid loss
- For every pound lost, drink about 3 cups of water

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For individuals who have **Diabetes**

1 **Avoid exercising during the hottest part of the day**

Choose morning or evening times

2 **Stay out of direct sunlight during exercise when possible**

3 **Wear loose fitting, light colored exercise clothing**

4 **Drink extra water and electrolytes (salt) every day while you get used to the exercise**

5 **Drink water even if you don't feel thirsty**

Avoid alcohol because it makes your body lose fluid

6 **Give yourself a couple of weeks to get used to exercising in the heat**

7 **During hot weather exercise, watch for symptoms of heat related illness**

8 **Monitor glucose levels frequently before, during, and after exercise**

Have a sports drink or treatment for low blood glucose with you to keep glucose from dropping too low.