



Week 2- Staying Hydrated

We all know that drinking fluid throughout the day is recommended, but how much do we need? The old rule of thumb was 8, 8 oz. glasses of water or 64 ounces a day. More recently the guidelines have changed to “drink when thirsty”- due to the thought that that our body will effectively signal us to meet our needs for fluid throughout the day. That being said, try to drink water with the goal of having your urine turn pale yellow to clear by mid afternoon. This indicates a body that is fully hydrated and ridding itself of waste products.

You ask, “Why is a hydrated body so important?” Well to start off with, the human body is largely made of water - 65-70% water by weight. Fluid is responsible for keeping your body temperature regulated, blood volume correct, ridding your body of waste products, maintaining blood pressure and so much more! It is hard enough to get through the work day when you are dehydrated (signs include: headaches, tiredness, nausea), but even more difficult to exercise in a dehydrated state. To insure your body is functioning at its best follow these simple guidelines:

1. Drink when thirsty. All day, every day!
2. Drink before you run. Top off your tank with 8 ounces (1 cup) 30 to 60 minutes of beginning your exercise session. Use the restroom just prior to your run.
3. Carry fluid with you. Bring along a bottle and drink 4 ounces every 15 minutes.
4. Water is fine for workouts 60 minutes or less. For longer workouts a sports drink may be of benefit; ask your coach for guidance.
5. Weigh yourself before and after your workout. Every pound you lose during your workout equates to 2 cups of fluid lost. Do this a few times and you can estimate your specific fluid needs during exercise.
6. Drink 16-20 ounces of fluid while you cool down.
7. Be aware of climate changes. If it is hot, change in humidity, or high altitude your body will require more fluid than usual.
8. Know the signs of dehydration: Nausea after exercise, dark yellow urine, dry/sticky mouth, and dizziness.

Now that you are fully hydrated, go take on the day... and that great workout!