



# OhioHealth Sports Medicine for Student Athletes

## Hydration Tips

### Before Activity

2-3 hours before	16-24 ounces of fluids
	+ Water + Non-fat milk + 100% fruit juice + Sports drink
20 minutes before	5-10 ounces (each gulp is about an ounce)
	+ Water + Sports drink

### During Activity

If it is hot and humid, fluid needs to be increased.	
Every 15-20 minutes	4-8 ounces - water is fine
More than 60 minutes	4-8 ounces every 15-20 minutes
	+ Water and a salty snack like pretzels + Sports drink

### After Activity

How much did you lose?	For every pound of body weight lost during exercise, consume 16-24 ounces of fluid.
Monitor urine color.	+ Chocolate milk, low-fat + Water + Broth or vegetable juice for sodium replacement + Low-calorie electrolyte drink

### Hydration Facts:

- + Over 60% of your body is water.
- + Water is the best option for on and off the field.
- + Just a 2% weight loss can cause dehydration.
- + Check your urine color to assess your hydration status. Pale yellow is well hydrated.

### Dehydration Facts:

- + Increases effort and heart rate
- + Increases body temperature and risk of overheating
- + Impairs performance
- + Fatigue faster
- + Dark yellow urine color

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INFO?**

To learn more about OhioHealth Sports Nutrition, call **(614) 566-GAME (4263)** or visit **OhioHealth.com/SportsMed-Nutrition**.

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Adapted from: PowerBar Sports Nutrition & Hydration, and Sports Cardiovascular and Wellness Nutrition (SCAN), Exercise Hydration, Nutrition Fact Sheets Issue 5, April 2009.

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