



Texas Health

Ben Hogan Sports Medicine

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Hydration

Adequate hydration is essential for ALL athletes of ALL sports. Even a 2% dehydration level can decrease performance; it is important that you consume fluids all day, not just around your workout or game. The 2004 Dietary Reference Intake recommendations state that adequate intake of fluid is 3.7 liters/day (130oz or 16 cups) for males and 2.7 liters/day (95oz or 12 cups) for females. Now does this mean JUST water...NO! You can get adequate “fluid” from a variety of drinks and foods.

Effects of Dehydration

- Muscle cramps, tears, pulls, strains
- Dry mouth
- Joint pain
- Increased time needed for recovery
- Decreased performance
- Fatigue
- Nausea
- Increased muscle soreness
- Lightheadedness / headache
- Heat exhaustion
- Heat stroke
- Susceptibility to colds and sickness

What Counts as Fluid?

- Water
- Flavored waters like Crystal Light
- Sports drinks
- Tea
- Smoothies
- Fruit juice
- Coffee
- Fruits
- Vegetables
- Soup

Pre-Exercise

- 2-3 hours pre-exercise: 16-20 oz fluid (approximately one bottle water or sports drink)
- 10 minutes before workout/game: 5-10 oz fluid (water or sports drink)

During Exercise

- Very individualized to athlete's sweat rate, but a general rule is 5-10 oz water or sports drink every 15-20 minutes
- After one hour of exercise, make sure you are consuming some sports drink as carbohydrate
- If it is extremely hot and humid, rely more on a sports drink to ensure adequate carbohydrate and electrolytes (sodium, chloride, potassium); you may also need to drink a greater quantity

Post-Exercise

- Consume 24 oz of fluid (water or sports drink) for every pound lost during exercise
 - If needing rapid rehydration due to multiple matches, 2-a-day practices, or other sporting events, consume 24oz of fluid for every pound lost (150%)
- Including sodium post exercise (sports drinks or salty foods) will help retain ingested fluids and stimulate thirst

Ways to Measure Hydration Levels

- Urine color: Urine should be lemonade color; if it looks like apple juice...you are dehydrated!
- Body weight: Weigh yourself pre and post exercise to determine how much fluid is needed to rehydrate your body adequately