Stay Hydrated!

It is essential to drink the proper amount of fluids before, during, and after physical activity to keep your body hydrated and functioning well. The ultimate goal is to prevent dehydration. Individual fluid needs vary depending on your sweat rate, the environmental temperature, clothing, humidity, etc.

Monitoring Hydration

- The best way to determine your hydration status is to monitor the color of your urine.
  - Pale, lemonade-colored urine is a good indicator of proper hydration.
  - Dark, cloudy, and/or strong-smelling urine are signs of dehydration.
- Weigh yourself before and after exercise; consume fluids equal to the weight you lost during exercise. For example, if you lose 1 pound during exercise, consume 16 ounces of water.

Tips to Stay Hydrated

- Drink before you get thirsty.
- Drink a minimum of eight 8-ounce glasses of water per day.
- Consume a full glass of water first thing in the morning, or have a glass of water before meals.
- Eat foods that are high in water content, such as fruits and vegetables.
- One hour prior to exercise, drink 16 ounces of water.
- About 15 minutes prior to exercise, drink 5 to 10 ounces of water.
- During exercise, drink 4 to 8 ounces of water every 15 minutes.
- For every pound lost during exercise, drink 16 ounces of water after your workout.
- Keep a large water bottle handy to encourage you to drink water throughout the day.
- After each trip to the restroom, drink a glass of water to replenish your fluids.
- Set reminders on your phone, watch, or email to drink water every hour.

Warning Signs of Dehydration

- Thirst
- Irritation
- Early onset fatigue or chronic fatigue
- Muscle aches and cramps
- Increased effort for a typically easy activity
- Dizziness
- Weakness
- Headache
- Constipation

Did you know?

- Water makes up 45 to 75 percent of your body weight.
- As the body gets dehydrated, the heart has to work harder to pump blood through the vessels.
- Oranges, grapefruit, and melons (especially watermelons) are great water sources.
- Celery, cucumbers, tomatoes, green peppers, and Romaine lettuce are nutrient-rich water sources.