

# HYDRATION

## For student-athletes

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### DAILY HYDRATION

- Divide body weight in half
- Drink 1oz of water per pound each day
- I.e if you weigh 160lbs, you should be drinking 80oz of water per day

### BEFORE WORKOUTS

- 7-12oz of cold fluids 15-30 minutes before workout
- Avoid carbonated beverages, caffeine, alcohol and energy drinks
- Weigh-in

### DURING WORKOUTS

- Do not rely on thirst as an indicator
- 4-8oz in 15-20 minute intervals
- Sports beverage containing 6-8% Carbohydrates, small amount of sodium and electrolytes

### AFTER WORKOUTS

- Weigh-in
- Drink 3 cups of fluid for every pound lost during workout

### URINE COLOR CHART

Refer to the urine color chart to ensure proper hydration

