

# HYDRATION FACT SHEET

- Fact #1:** **THIRST IS A TERRIBLE INDICATOR OF THE BODY'S NEED FOR FLUIDS!** Drinking only enough to quench one's thirst replaces about  $\frac{1}{2}$  to  $\frac{2}{3}$  of the body's water requirements.
- Fact #2:** Muscles are comprised of 60-70% water. **DEHYDRATION NEGATIVELY EFFECTS STRENGTH AND POWER VERY QUICKLY.**
- Fact #3:** Weight lost during exercise is sweat. **EACH POUND OF WEIGHT LOST DURING EXERCISE REQUIRES 3, 8-OUNCE GLASSES (24-OUNCES) OF WATER TO REPLACE FLUID LOSS! REPLACE 80% OF WEIGHT LOST DURING EXERCISE BEFORE THE NEXT EXERCISE SESSION!**
- Fact #4:** **IT TAKES 24-48 HOURS TO REHYDRATE YOUR BODY AFTER BEING DEHYDRATED.** Being hydrated before exercising is essential to performance!
- Fact #5:** **FLUIDS, SUCH AS POP, FRUIT JUICES AND SPORTS DRINKS, CONTAINING MORE THAN 50-60 CALORIES PER 8-OUNCE SERVING ARE NOT RECOMMENDED DURING EXERCISE** because of the high sugar content, which slows the absorption of water and can cause nausea, cramps or diarrhea.
- Fact #6:** **AVOID CARBONATED AND CAFFEINATED BEVERAGES BEFORE AND DURING EXERCISE.** Carbonation can cause a feeling of fullness and stomach upset, while caffeine is a diuretic, which causes dehydration.

## **RECOMMENDATIONS FOR ATHLETES FROM THE AMERICAN COLLEGE OF SPORTS MEDICINE AND THE AMERICAN DIETETICS ASSOCIATION:**

- 1) Drink 8 - 10, 8-ounce glasses of water every day,
- 2) Drink at least 2, 8-ounces glasses of fluids during the two hours before exercise,
- 3) Drink 2, 8-ounce glasses of fluids during the 15 minutes before exercise,
- 4) Drink at least  $\frac{1}{2}$  glass (4-ounces) of fluids every 15-20 minutes during exercise,
- 5) After exercise, drink 3, 8-ounce glasses of water for each pound lost,
- 6) Sip beverages slowly rather than gulping them.

**Sources:** American College of Sports Medicine Position Statement; "Eat to Fuel Your Performance," Jeff Louck, RD, Iowa State University, 1997; "Taking it to the Mat: The Wrestler's Guide to Optimal Performance," The Center for Nutrition in Sport and Human Performance, University of Massachusetts, Amherst, MA, 1999; United Dairy Industry of Michigan.



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