

# Hydration

## Scenario

*For my practices and performances, I bring a water bottle and drink when I get thirsty. My activity can last 3-4 hours and I tend to sweat a lot. After I finish, I am physically spent and don't feel completely recovered before the next event. If I have time, I grab a sports drink for the ride home. When, what, and how much should I drink to improve my energy and performance?*

## Goals of Hydration

- Begin activity well hydrated by drinking fluids during the day and within the hour before the activity.
- Replace sweat losses by drinking fluids regularly during activity.
- Rehydrate after performing to replace weight lost as fluid during activity.
- Follow a personalized fluid replacement plan to prevent the consequences of excessive (>2% body weight loss) dehydration such as early fatigue, cardiovascular stress, increased risk of heat illness, and decreased performance.

## Fluids Surrounding Performing

- For short duration (<60 minutes), low to moderate intensity activity, water is a good choice to drink before, during, and after the activity.
- Sport drinks (6-8% carbohydrate) are good options for moderate to high intensity activity lasting longer than 60 minutes, especially when the goal includes replacing carbohydrate and electrolytes.
- For those who experience high sodium losses while performing, eat salty foods in a pre-activity meal.
- Rehydrate following activity by drinking enough fluid (water or sports drinks) to replace fluid lost during activity. Replace fluid and sodium losses with watery foods that contain salt (soup, vegetable juice). Replace fluid and potassium losses by consuming fruits and vegetables.



## Tips to Take With You

1. Replace fluids early and often during and after activity, particularly in hot environments.
2. Good sources of fluid include water, sports drinks, juices, soups, smoothies, fruits and vegetables.
3. A sports dietitian can assist you in designing a personalized hydration plan that considers thirst, urine color, and body weight changes under varying conditions of activity.

## Contact SCAN

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Written by SCAN registered dietitians (RDs). The key to optimal meal planning for athletes is individualization. For personalized nutrition plans contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) by accessing "Find a SCAN Dietitian" at [www.scandpg.org](http://www.scandpg.org) | 800.249.2875.