

SPORT FOR SCIENCE

HYDRATION

Water is one of the six nutrients essential for life (water, fat, carbohydrates, protein, vitamins, and minerals). Hydration is the replacement of body fluids lost through sweating, exhaling, and eliminating waste. On average, the body loses and needs to replace about 2-3 quarts of water on a daily basis.

Your body needs to be hydrated to function at its best. If there isn't enough liquid in your body, essential functions like circulation don't perform as smoothly and your organs won't get necessary nutrients, resulting in less efficient performance.



PRE - EXERCISE

Begin state of Pre-Hydration
Start hydrating several hours before workout to allow time for absorption.

DURING EXERCISE

Prevent excessive dehydration or changes in weight.
(>2% body mass)

POST - EXERCISE

Monitor body weight changes post workout.