



Hydration for Exercise

Water is the most essential ingredient to a healthy life. Water has many important functions in the body including:

- Transportation of nutrient and elimination of waste products
- Lubricating joints and tissues
- Regulating temperature through sweating
- Facilitating digestion

Importance of Water During Exercise

Proper hydration is especially important during exercise. Adequate fluid intake is essential to comfort, performance and safety. The longer and more intense the exercise, the more important it is to drink the right kinds fluids and the right amount.

General Guidelines for Fluid Needs During Exercise

While specific fluid recommendations aren't usually possible due to individual variability, Most people or athletes can use the following guidelines as a starting point, and modify their fluid needs accordingly.

Hydration Before Exercise

1. Drink about 15-20 fl oz, 2-3 hours before exercise
2. Drink 8-10 fl oz 10-15 min before exercise

Hydration During Exercise

1. Drink 8-10 fl oz every 10-15 min during exercise
2. If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15-30 minutes

Hydration After Exercise

1. Weigh yourself before and after exercise and replace fluid losses.
2. Drink 20-24 fl oz of water for every 1lb lost.
3. Consume a 4:1 ration of carbohydrate to protein within the 2 hours after exercise to replenish glycogen stores.

Adequate Fluid Intake

There is a wide variety of sweat rates, losses, and hydration levels of individuals, it is nearly impossible to provide specific recommendations or guidelines about the type or amount of fluids athletes should consume.

There are 2 simple methods of estimating adequate hydrations:

1. **Monitoring urine volume output and color.** A large amount of light colored, diluted urine probably means you are hydrated: dark colored, concentrated urine probably means you are dehydrated.
2. **Weighing yourself before and after exercise.** Any weight lost is likely from fluid, so try to drink enough to replenish those losses. Any weight gain could mean you are drinking more than you need.

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What To Look For At The KLARC:

[Group Fitness Schedule on page 2](#)

Things that Affect Fluid Loss in Athletes

- High Altitude: Exercising at altitude increases your fluid losses and therefore increases your fluid needs
- Temperature: Exercising in the heat increases your fluid losses through sweating and exercise in the cold can impair your ability to recognize fluid losses and increase fluid lost through respiration. In both cases it is important to hydrate.
- Sweating: Some athletes sweat more than others. If you sweat a lot you are at greater risk for dehydration. Weigh yourself before and after exercise to judge sweat loss.
- Exercise Duration and Intensity: Exercising for hours (endurance sports) means you need to drink more and more frequently to avoid dehydration.

Dehydration

Athletes need to stay hydrated for optimal performance. Studies have found that a loss of two or more percent of one's body weight due to sweating is linked to a drop in blood volume. When this occurs, the heart works harder to move blood through the bloodstream. This can also cause muscle cramps, dizziness and fatigue and even heat illness including heat exhaustion and/or heat stroke.

Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am-9:00am		<u>STEP</u> <i>Beginning June 21</i> MICHELLE		<u>STEP</u> <i>Beginning June 21</i> MICHELLE	
11:00am-12:00pm	<u>H2O Fitness</u> DONNA		<u>H2O Fitness</u> DONNA		
12:00pm-1:00pm	<u>Cardio Pump</u> AMY JO		<u>Cardio Pump</u> AMY JO		<u>Cardio Pump</u> AMY JO
4:30pm-5:30pm		<u>Zumba</u> Stephanie		<u>Zumba</u> Stephanie	

SCHEDULE SUBJECT TO CHANGE

*****STEP with Michelle WILL NOT begin until Tuesday, June 21*****