

HYDRATION



KNOW YOUR NEEDS

Special Considerations for Travel



The air inside of an airplane is extremely dry, causing your body to lose extra fluid from evaporation at the skins surface, and well as to humidify the air entering your lungs.

Daily Hydration Needs

To meet your baseline fluid needs, drink half of your bodyweight in ounces of fluid every day

$$\text{body weight} / 2 = \text{___oz/day}$$

For every 1 lb. lost from activity, add 16-24 ounces of fluid to your baseline needs.

Hydrating Around Your Workouts

Pre-Activity

Drink 8-20 ounces of fluid an hour before exercise

Check urine color when you wake up and before exercise

During Activity

1 gulp = 1-3 oz

Drink 16oz of water or sports drink per hour

Post-Activity

For every pound lost during exercise, drink 16-24 oz of fluid

Drink a sports drink or eat salty foods to replace electrolytes

Add Electrolytes

- Replace electrolytes with salty foods or sports drinks when activity is > 1 hour
- Electrolytes are needed for:
 - Maintaining fluid balance and regulating the body's pH
 - Moving nutrients in and out of cells
 - Maintaining normal function of muscles, organs, and nerves
- More are needed with hot and humid weather, added clothing and gear, excess time spent training
- Add extra sodium and potassium in the form of a salty snack or sports beverage