

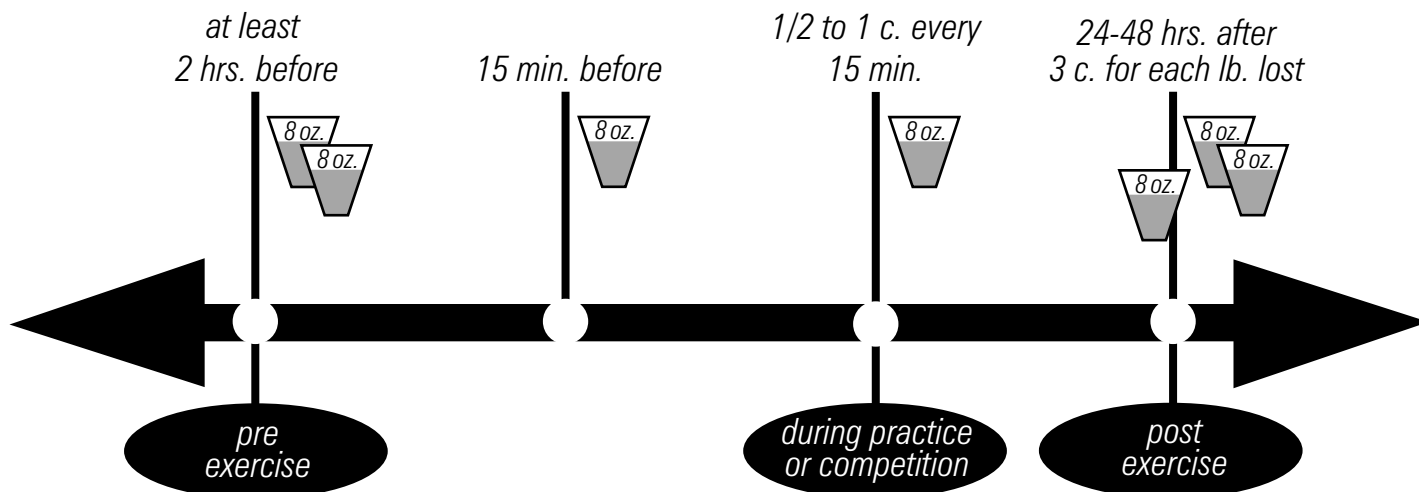
## Importance of Fluids

Water is the most important nutrient for athletes.

Your performance suffers if you are even slightly dehydrated. Excessive losses may lead to more serious problems such as heat cramps, muscle spasms, heat exhaustion or heat stroke.

To stay hydrated, active teens and adults need nine to as much as 15 cups of fluid daily, depending on exercise intensity. The harder you exercise, the more fluid you need. Also, exercising under extreme conditions — high altitude or high heat and humidity — increases fluid losses, making requirements even greater.

To make sure you are fully hydrated, follow these fluid intake recommendations:



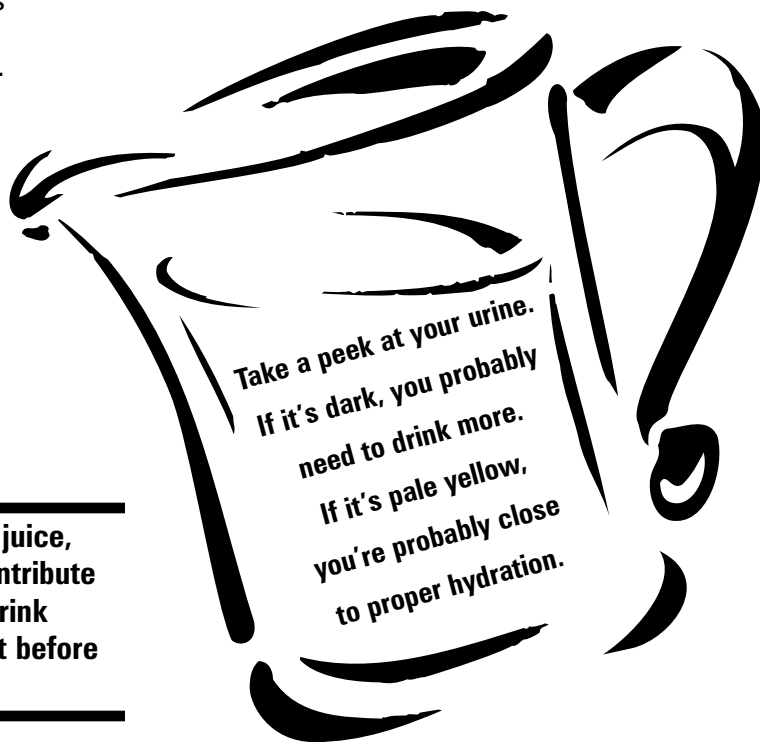
## What About Sports Drinks?

Sports drinks can give you an energy boost during activities lasting 60 minutes or longer. They are designed to replace fluid rapidly and provide energy in the form of carbohydrate. The small amount of sodium found in sports drinks helps move water and carbohydrate into your body quickly.

What to look for on the label:

- Carbohydrate — 14 grams in an 8-ounce serving
- Sodium — about 100 mg in 8 ounces
- No carbonation — may lead to an upset stomach

Sports drinks are also beneficial for activities consisting of multiple events in one day such as swim meets or tennis tournaments.

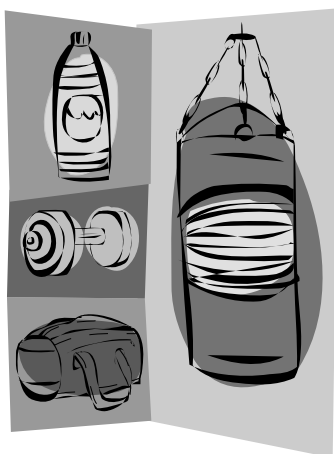


**Drink fluids on a daily basis; milk, juice, lemonade and watery foods all contribute to fluid balance. Athletes should drink enough fluids to regain weight lost before the next exercise bout.**

## Exercising in Heat: What to Watch For

When exercising in high heat and humidity, athletes must take special care to replace fluids and stay cool. Excess heat causes heavy sweating resulting in dehydration if nothing is done to replenish lost fluid. Not only will performance diminish but also symptoms can become severe and potentially life-threatening if thirst is ignored and fluid intake limited. Watch for these symptoms and be prepared to take appropriate action to correct them.

|                        | symptoms  | weight loss   | treatment  |
|------------------------|---|---|--|
| <b>heat cramps</b>     | <ul style="list-style-type: none"> <li>• thirst</li> <li>• chills</li> <li>• clammy skin</li> <li>• throbbing heart beat</li> <li>• nausea</li> </ul>   | a loss of up to 5 percent of body weight as sweat <ul style="list-style-type: none"> <li>• up to 5 pounds for 100-pound athlete</li> <li>• up to 7 1/2 pounds for 150-pound athlete</li> <li>• up to 10 pounds for 200-pound athlete</li> </ul> | athlete should: <ul style="list-style-type: none"> <li>• drink 1/2 cup of water every 10-15 minutes</li> <li>• during breaks, move to shade and remove as much clothing as possible</li> </ul>   |
| <b>heat exhaustion</b> | <ul style="list-style-type: none"> <li>• reduced sweating</li> <li>• dizziness</li> <li>• headache</li> <li>• shortness of breath</li> <li>• weak, rapid pulse</li> <li>• lack of saliva</li> <li>• extreme fatigue</li> </ul>  | a loss of 5-10 percent of body weight as sweat <ul style="list-style-type: none"> <li>• 5-10 pounds for 100-pound athlete</li> <li>• 7 1/2-15 pounds for 150-pound athlete</li> <li>• 10-20 pounds for 200-pound athlete</li> </ul>             | athlete should: <ul style="list-style-type: none"> <li>• stop exercise and move to a cool environment</li> <li>• drink 2 cups of water for every pound lost</li> <li>• take off wet clothing and sit on a chair in a cold shower</li> <li>• place an ice bag on head</li> </ul>  |
| <b>heat stroke</b>     | <ul style="list-style-type: none"> <li>• lack of sweat</li> <li>• dry, hot skin</li> <li>• lack of urine</li> <li>• hallucinations</li> <li>• swollen tongue</li> <li>• deafness</li> <li>• visual disturbances</li> <li>• aggression</li> <li>• unsteady walking</li> <li>• excessively high body temperature</li> </ul> | a loss of over 10 percent of body weight as sweat <ul style="list-style-type: none"> <li>• over 10 pounds for 100-pound athlete</li> <li>• over 15 pounds for 150-pound athlete</li> <li>• over 20 pounds for 200-pound athlete</li> </ul>      | you should: <ul style="list-style-type: none"> <li>• call for emergency medical treatment immediately</li> <li>• until help arrives, place ice bags on back and front of athlete's head</li> <li>• remove clothing and rub alcohol over most of athlete's body</li> <li>• put athlete on chair in cold shower</li> </ul> |



## ? Ask the Sports Nutritionist

**Q:** *I don't feel thirsty during exercise. Do I really need to drink water or a sports drink?*

**A:** Absolutely. Neglecting to drink water or a sports drink during exercise will increase your risk for dehydration, causing a decline in your performance. Find something that agrees with your stomach and tastes good, then drink it often during exercise, especially in the hotter months or places with high humidity.

**Q:** *Can I have a soft drink instead of water or a sports drink?*

**A:** Yes and no. While there is no such thing as a good or bad food (or beverage), drinks containing more than 10 percent carbohydrate, such as a soft drink, take longer to be absorbed and can cause abdominal cramps, nausea, bloating and diarrhea. So while a soft drink can fit into a well-balanced sports nutrition diet, it is not recommended for fluid replacement during exercise.