

Hydration

Hydration strategies to reduce performance loss and/or injury risk

****Daily water intake should = 1/2 bodyweight in ounces****

Loss of Water = Loss of Performance

Dehydration occurs quickly when physically active, especially in extreme climates. Water loss decreases performance as follows:

- 2% body weight loss - impaired temperature regulation
- 3% body weight loss - reduced muscular endurance
- 4-6% body weight loss - reduced strength and endurance; increased cramps
- 6%+ body weight loss - severe cramps, heatstroke, coma, or even death

Extreme climates create greater need for water and electrolyte intake. **Heat Exhaustion** and **Heat Stroke** can happen easily when hydration isn't prioritized.

- Heat Exhaustion Signs: feeling faint, dizziness, pale, cool or clammy skin, excessive sweating, rapid but weak pulse, nausea, vomiting
- Heat Stroke Signs: throbbing headache, dizziness, confusion, high body temperature, rapid strong pulse, nausea, loss of consciousness

Prevent Dehydration By:

1. Making Water Your First Choice
2. Drinking Water BEFORE You Feel Thirsty
3. Monitoring Fluid Loss Through Urine Color

	Good
	Good
	Fair
	Dehydrated
	Dehydrated
	Very Dehydrated
	Severe Dehydrated

Hydration for Physical Activity

Before	Drink 14 to 22 ounces water
During	Less than 1 hour workout, drink 16 to 32 ounces More than 1 hour workout, drink 16 to 32 ounces sports drink
After	Drink at least 20to 24 ounces water



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schedule
an
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