

Hydration

Fall is upon us! However, this Wednesday in Texas temperatures are scheduled to surpass 105 and be in the upper 90s throughout the week. We still need to pay attention to the importance of hydration. It is probably impossible to set an exact general fluid requirement. There are numerous factors that affect the rate of water loss: weather, diet, exercise, obesity, drugs and a multitude of other factors. Even if you don't give a hoot about your health, dehydration will drastically affect mental and physical function and performance. Low and behold, in many cases, when water loss is as little as 1% physical performance, physical performance can be significantly compromised! Weigh yourself before you workout. If you weigh 200 lbs when you start and you weigh 197 lbs half way through the workout, you are sacrificing performance.

The following guidelines are for health active individuals and they are estimated upon daily energy expenditure, provided by the International Sports Science Association.

Daily Energy Expenditure	Minimum Daily Water Intake
2000 Calories	64 to 80 oz
3000 Calories	102 to 118 oz
4000 Calories	138 to 154 oz
5000 Calories	170 to 186 oz
6000 Calories	204 to 220 oz

As temperature and humidity surpass 70 degrees, fluid loss is exacerbated! Special attention must be paid to hydration status. If athletes sweat profusely and for long periods of time, a sports drink is recommended for hydration and to replace lost electrolytes. Most athletes replace only 2/3 of lost fluids during training or competition, this called voluntary dehydration. Flavored sports drinks, in many instances, make this phenomenon statistically less likely because of the preferred taste. You should look at giving coconut water a try.

Fluid replacement generally occurs in three different phases: before, during and after exercise. Consuming minimally 16 oz 2 hrs before competition or intense training increases the

likelihood of optimal hydration and allows for the enough time for urination.

Be smart, you need to start replacing fluids before you sense thirst. Then, frequently drink during training or competition 6 to 8 oz of fluid every 15 minutes. After a workout, for every pound lost during the workout, 16 oz of fluids should be consumed until pre training bodyweight is restored. The ideal choice for fluid replacement is dependent upon the temperature, humidity, and intensity/duration of workout.