

# MORRO BAY PIRATES SPORTS MEDICINE CLUB

## ATHLETIC DEVELOPMENT

## HYDRATION



**“Water is the driving force of all nature.” Leonardo DaVinci**

The human body is composed of up to 70% water. Therefore, as an athlete, staying hydrated is of great importance in order to maximize your performance. Water is involved in so many processes in the body that being just 2% dehydrated can start to hinder your body's ability to perform. Being only slightly dehydrated can slow the activity of enzymes in the body, including ones responsible for the production of energy. This can even lead to a lower metabolism and reduce your ability to exercise efficiently. Every cell in your body needs water to function - your body uses water to maintain temperature, remove waste from the body, and even to help lubricate joints.

The NATA offers an indepth review of hydration planning for athletes.\*

**You should be drinking 2L or 64 Oz of water each day. When you engage in intense activity you should look to drink another 500mL or 16 Oz**

### Tips for Staying Healthy & Hydrated

- Keep a bottle of water with you so you remember to drink water throughout the day and refill it often.
- Make sure to drink water before, during, and after working out.
- Start and end your day with a glass of water.
- Try to eat two to three servings of fruit and vegetables with every meal. They are loaded with water and are packed with vitamins and minerals needed by the body.
- Set up an alarm in your phone to establish regular water breaks
- Have a glass of water before each meal.
- Drink a glass of water after each trip to the restroom.
- Reduce your caffeine consumption as it can cause you to urinate more often. The same can also be said for alcohol consumption.
- Sports drinks should be limited to use when training for more than 60 minutes of an intense nature. A sports drink can help to replace lost electrolytes, but they are often high in calories from the sugar content, so they should be used sparingly - especially if you are trying to control weight.

\*Casa, Douglas J., et al. "National Athletic Trainers' Association position statement: fluid replacement for athletes." Journal of athletic training 35.2 (2000): 212.