HOO KNEW? 1,2,3
- The average athlete loses 1 - 3 liters of sweat per hour
- Our muscles are ~75% water
- Beef jerky is the equivalent to a dehydrated muscle

WUT IS YOUR HYDRATION LEVEL? 2
Use the WUT Method to access hydration level
Weight - Maintaining stable body weight day-to-day within 1%
Urine - Darkened first morning urine or reduced daily frequency
Thirst - Dry mouth or craving of fluids

HYDRATION FOR PRACTICE 3
Team-issued Gatorade bottles have 32 fluid ounces with notches marking off every 8 ounces
Before: 16 - 20 ounces every 2 - 3 hours and 8 ounces 20 minutes before
During: 5 - 10 ounces every 15 - 20 minutes
After: 16 - 24 ounces for every pound of weight lost (at least 4/5 of a Gatorade water bottle)
* If you have multiple practices in one day, drink water with added sodium 3

ALCOHOL DEHYDRATES 4, 5, 6
- Increased fluid loss
- Increased chance of heat cramps, exhaustion and stroke
- Lower temperature tolerance
- Reverses heat acclimation training
- Athletes can experience up to 3% body weight loss within 4 hours of drinking
- Replace each alcoholic drink with at least 8oz of water to prevent dehydration

SIGNS OF DEHYDRATION 2
- Dizziness
- Irritability
- Headache
- Post-training nausea
- Cramps
- Dark-colored urine
- Fatigued and decreased endurance performance

HYDRATING OUTSIDE OF PRACTICE
- Plant Nanny - Water a plant to keep track of water intake, if you do not drink water, your plant will die :(
- Carry a water bottle and mark off how many bottles you have had
- Drink on a schedule

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Sources:
1 Sherman, T., 6 Stokanski, C. & Johnson, J. What's In Your Sweat? Sports& (pg. 4)

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