HYDRATION IN HOO NATION

Water is the largest single component of the body. It is important to beat hydration, before it beats you! Your muscles are ~75% water. If you are dehydrated, your muscles cannot function optimally, which can lead to cramping. Most athletes need ~96 to 128oz of fluid daily. HOOs make sure to check out the new water refill stations in UHall!

SIGNS OF DEHYDRATION

Get informed on the signs and symptoms of dehydration!
Thirst, Irritability, Headache, Dizziness, Cramps, Chills, Nausea, Fatigue, Decrease in athletic performance

HERE’S THE PLAN

PRE WORKOUT
Stay ahead of the game!
Drink 16-20 fluid ounces of water 2-3 hours before athletic performance
10-20 minutes before, drink approximately 8 ounces of water or a sports drink (such as Gatorade or Powerade)

DURING WORKOUT
Take a water break and quench your thirst with around 4-6 ounces! Do not wait until you feel thirsty
One gulp = One ounce

POST WORKOUT
Drink 20-24 ounces of water or a sports drink for every pound lost. It can be helpful to weigh yourself before and after the workout to help determine how much to drink

DRINK UP

• Divide your weight in half to figure out the minimal amount of fluid ounces your body should have on a daily basis
• Don’t forget that excess alcohol consumption can lead to rapid dehydration
• Drinks high in sugar and caffeine may also dehydrate the body
• After intense competition, more sodium may be lost and will need to be replaced by extra water and electrolytes

HELPFUL RESOURCES: SPORTS NUTRITIONISTS

Randy Bird - rlb6ea@virginia.edu
Kelly Rossi - kar7k@virginia.edu
Brooke Pearson - bhh5s@virginia.edu

Offices located on the second floor of UHall near the wrestling room

Sources
1 - Bird, Randy. “There are multiple causes of muscle cramps…” University of Virginia Sports Nutrition. 11 August 2009. Web. 10 March 2017
2 - Kelly Rossi, University of Virginia Nutrition, Hydration Supplement