

# W.O.W.

WAC ON WELLNESS

## WORKOUT HYDRATION TIPS FOR SUMMER HEAT

**DID YOU KNOW?** Water is the most essential nutrient in the human diet. Even slight dehydration decreases both physical and mental performance and slows metabolism. It's especially important to be aware of fluid intake during hot summer months due to extra losses from sweating.

**SOME WARNING SIGNS** of dehydration include muscle cramping, darker urine, feeling faint or nauseous.

**TO STAY HYDRATED THROUGHOUT THE DAY**, avoid excessive caffeine intake and excessive protein intake (from supplements especially), maintain pale colored urine and drink sips of water continuously during your day, taking breaks to do so, if needed.

**FOR PRE-WORKOUT HYDRATION**, aim to drink 2 to 3 cups of water in the 3 hours leading up to exercise and about 1 cup 20 minutes prior to exercise

**DURING INTENSE EXERCISE**, especially in hot temperatures, aim for 1 cup of water every 20 minutes, as possible. Do not wait until you feel thirsty!

**AFTER EXERCISE**, consume about 2 to 3 cups of fluid. If exercising in extreme conditions or sweating profusely, weigh yourself before and after exercise and consume at least 2 cups fluids for every pound of body weight lost during exercise. Keep in mind, you may also need to replace salt and other minerals lost in sweat using a sports drink or electrolyte powder.

**SPORTS DRINKS**, such as Gatorade should be reserved for continuous, intense physical activity lasting longer than 60 to 90 minutes. Drinking water will maintain fluid balance for shorter periods of exercise.

**WHAT ARE THE ALTERNATIVES?** If you want to increase your fluid intake after shorter or less intense exercise, but dislike drinking plain water, try a few of these:

- Squeeze a fresh lemon or lime into your water.
- Try naturally-flavored seltzer water, if you like carbonation.
- Add a small splash of 100% juice to water or plain seltzer.
- Try unsweetened coconut water for a dose of electrolytes as a lighter alternative to sports drinks.



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