

Hydration Tips

Sweating occurs to help heat loss resulting from a rise in body temperature during exercise. The amount of sweat loss is dependent on the individual – size and mass of the person, intensity and duration of the exercise, and how fit they are. The fitter you are, the more efficient is your cooling system, the more you sweat.

1. Hydration before exercise is most important; trying to hydrate when you have started is too late.
2. During exercise lasting less than 1 hour, the need for fluid intake is minimal. The occasional sip of fluid is enough for comfort.
3. Trying to ingest large amounts of fluid during intense exercise will lead to vomiting.
4. Post exercise you need to drink 1 1/2 litres of fluid for every kg of weight you have lost during exercise.
5. Drinking pure water too quickly, or in large amounts will lead to an increase in urine production, increasing the effects of dehydration.
6. Drink smaller amounts, regularly.
7. Adding salt to your drink will lead to fluid retention – helping you hydrate quicker. It also stimulates the thirst mechanism, encouraging you to drink more.
8. Adding a small amount of squash or fruit juice will lead to a more pleasant taste
9. Commercial sports drinks are sold because they taste nice – they have lots of sugar which is good for energy replacement, but too little salt (as it affects taste) to help hydration.
10. Urine colour should be clear or pale yellow and is one indication of adequate hydration, regaining weight loss during exercise is another.

Plan your rehydration before you exercise. Don't leave it to chance.