# HYDRATION FOR ATHLETES

#### **PRE-EXERCISE**



Begin exercise well hydrated

#### **DURING EXERCISE**



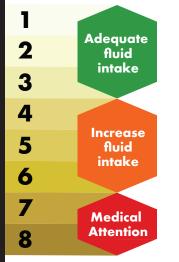
Drink sufficient fluid and consider sodium if exercising over 2hrs

#### **POST EXERCISE**



Make up for any remaining losses following exercise

### MEASURE HYDRATION STATUS



TO MAINTAIN OPTIMAL HYDRATION, AIM FOR URINE WITH A PALE STRAW COLOUR (1-3)

Use this chart before exercise and following exercise to assess hydration levels.

## DAILY FLUID REQUIREMENTS\*



REASE



EXTREM EXPOSI ENVIRO SUCH A

EXTREMELY ACTIVE

EXPOSED TO ENVIRONMENTAL STRESS SUCH AS HEAT OR ALTITUDE

LOSING ADDITIONAL FLUID THROUGH SICKNESS

\*according to the European Food Safety Authority

## A GUIDE TO MEASURE YOUR SWEAT RATE



BODY WEIGHT (KG) Post exercise minus any food or fluid consumed



BODY WEIGHT (KG) Pre-exercise (minimal clothing) SWEAT RATE

Based on 1hr of exercise. Repeat in differing environments.



This resource was created by Michael Naylor, Head of Performance Nutrition, UK Sports Institute in collaboration with the GetPRO Professional team This content is for use under professional supervision