

HYDRATION FOR ATHLETES

PRE-EXERCISE



Begin exercise well hydrated

DURING EXERCISE



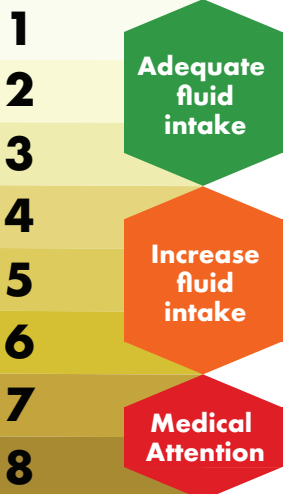
Drink sufficient fluid and consider sodium if exercising over 2hrs

POST EXERCISE



Make up for any remaining losses following exercise

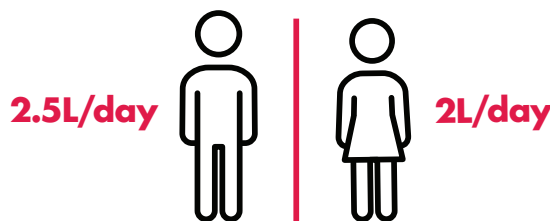
MEASURE HYDRATION STATUS



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*



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

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

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SWEAT RATE
L/hr

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