

# STAYING HYDRATED

## Hydration Tips for Athletes

Remember, fluid is fuel for your body – make it part of your training and carry a water bottle with you!

### WHY HYDRATION MATTERS?

- Maintains performance and endurance.
- Prevents cramps, fatigue, and heat illness.
- Supports joints, circulation, and nutrient transport.

### DAILY HYDRATION HABITS

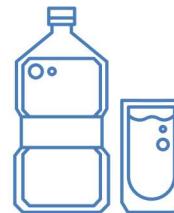
- Drink regularly throughout the day.
- 500–600 ml before and after training.
- Include a salty snack after training, especially in hot weather.
- Always carry a water bottle.

### WHEN TO DRINK?

⚠ By the time you are thirsty, you will already be dehydrated by ~ 2 % of your body weight.

### SIGNS THAT YOU'RE DEHYDRATED

- Thirst or dry mouth
- Muscle cramps
- Headache or dizziness
- Loss of concentration
- Dark yellow urine
- Irritability



### Am I drinking enough water?

#### Urine color chart

Drink to Thirst	Planned Drinking
if you are non athlete	For all (athlete and non athlete) if: <ul style="list-style-type: none"><li>• Long duration activities &gt; 60 min</li><li>• Hotter conditions</li><li>• High sweat rates</li></ul>
if you are athlete and: <ul style="list-style-type: none"><li>• Short duration activities &lt; 60 min</li><li>• Cooler conditions</li><li>• Lower intensity</li></ul>	

	<b>HYDRATED</b> Pale, odorless and plentiful urine is often an indication that you are well hydrated. <b>Keep drinking the same rate.</b>
	<b>MILDLY HYDRATED</b> Slightly darker yellow urine can indicate that you need to drink more water. <b>Drink a glass of water now.</b>
	<b>DEHYDRATED</b> The intensifying shade of yellow in your urine serves as a clear indicator of dehydration. <b>Drink 2-3 glasses of water now.</b>

⚠ Some vitamin tablets can darken urine.  
If unsure, check with your doctor.

### BEST HYDRATION OPTIONS

- Water is always your №1 choice.
- Add electrolytes if exercising > 90 mins or repeated shorter sessions in the heat.
- Avoid sugary drinks or sports drinks as the excessive carbohydrate can reduce the body's ability to maintain thermal balance, especially in the heat.



### Examples of easy to make rehydration drinks:

- Fresh fruit juice with added water +/- a tiny bit of salt.
- Coconut water with added water and a pinch of sugar and salt.