HYDRATION & DEHYDRATION

Dehydration Prevention

- · Begin exercising well hydrated
- Allow for hydration during exercise according to thirst
- Adequate salt intake before the race
- Verify original body weight prior to exercising
- · Check urine color light yellow or amber is desired
- Light color cotton clothing with ability to allow air flow during the race

Post-race strategies for Dehydration

- Ensure adequate salt intake after the race
- 1 pint of water/carbohydrate solution for every pound lost post-race
- Carbohydrate solutions may be more beneficial for longer endurance events
- Appropriate nutrition post event





For questions, more information on hydration or to schedule an appointment, contact a Franciscan Health sports medicine physician at (317) 781-1133.