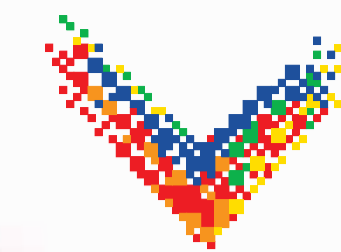


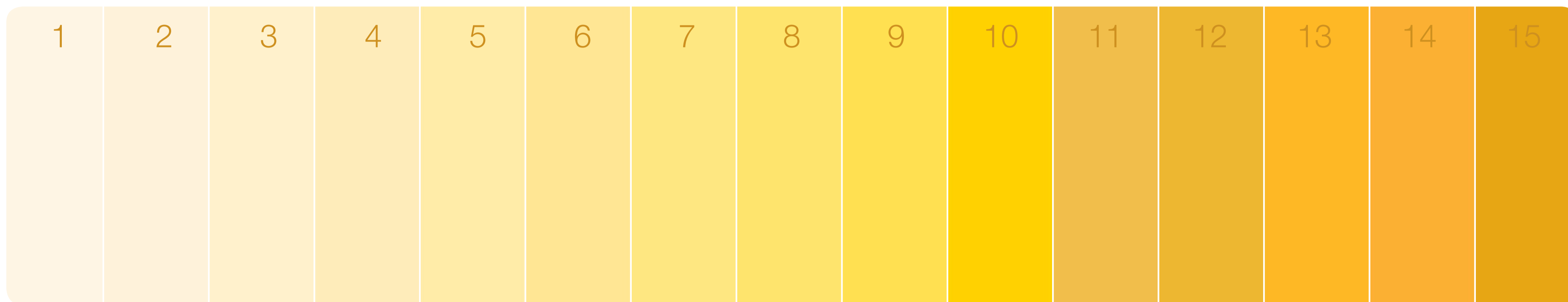
LIQUID ASSETS

THE FACTS ABOUT HYDRATION FOR SUCCESS



ENGLISH
INSTITUTE OF
SPORT

EXCELLENCE IN SPORT SCIENCE & MEDICINE



Well hydrated

dehydrated

Your urine should be plentiful and it's colour should be in the well hydrated zone. If not, start drinking immediately

WHY?

Fluid losses as low as 2% of body weight can have a significant impact on exercise performance!
Negative effects of dehydration include:

- *Fatigue*
- *Reduced concentration & reaction times*
- *Compromised immune system*
- *May reduce adaptation to training.*

WHEN?

Start each training session fully hydrated.
Check the colour of your morning urine for a quick indication of your hydration status. Compare colour against the chart below. If your urine colour is greater than 7 on the chart, then you are probably dehydrated and need to increase your fluid intake immediately.
If your urine colour is dark then make sure you increase your fluid intake

HOW MUCH?

Fluid requirements will be different for each athlete.
Weigh yourself before and after training sessions, for each 1 kg lost in body weight replace with 1.5L of fluid

WHAT TO DRINK?

Water is a good choice, but not always the best choice for athletes. Look for drinks which contain salt and electrolytes as these help your body retain the fluid you drink.
To help work out your personalised hydration strategy - talk to your EIS Performance Nutritionist.

Weight loss (kg)	0.25	0.5	0.75	1	1.25	1.5	1.75	2
Volume to drink (ml)	0.25	750	1125	1500	1875	2250	2625	3000