

Hydration Alternatives

Importance of hydration:

- Maintain a high level of performance
- Decrease chances of injury
- Proper brain and body function
- Allow yourself to train hard day after day
- Replenish electrolytes

Hydration alternatives to water:

- Sports drinks* or ½ sports drink mixed with ½ parts water
- Coconut Water
- Flavored water
- Fruit infused water
- Water flavoring drops

How much water should I be drinking?

A good rule of thumb is ½ your body weight in oz. of water.

Example: If you weight 160 lbs., a good amount of water for you to drink *outside of physical activity or exercise* is 80oz.

*Beware of consuming too much sugary sports drinks and juices- they can contribute unnecessary calories from sugar and should be consumed after physical activity for recovery purposes!



SPORTS NUTRITION
FUEL YOUR INNER CHAMPION

HOW MUCH WATER SHOULD YOU DRINK WHILE EXERCISING



Drink 17 to 20 ounces of water 2 to 3 hours before you start exercising

Drink 8 ounces of water 20 to 30 minutes before you start exercising or during your warm-up

Drink 7 to 10 ounces of water every 10 to 20 minutes during exercise

Drink 8 ounces of water no more than 30 minutes after you exercise

However, hydration is dependent on specific factors like:

GENDER AGE HEIGHT WEIGHT
EXERCISE INTENSITY DURATION OF EXERCISE

MEN tend to require MORE WATER for the same intensity level and duration of exercise than women since they tend to be larger.



People with a HIGHER BMI need to drink more during exercise for the same reason.

To figure out exactly what hydration looks like, we compiled data using CAMELBAK'S HYDRATION CALCULATOR

The following information is based on men and women of roughly average size, aged 28 years old, who are running in warm (but not hot) conditions.

Note: Being off by a few ounces likely won't adversely affect your health (although it might make you have to use the restroom more frequently), but even so, these calculations are very much based on average measurements, so take 'em with a grain of salt. If you have a serious medical condition or are currently training for an elite competition, chat with a doctor or dietitian about your exact hydration needs.

| | EXERCISE INTENSITY | EXERCISE DURATION | AMOUNT OF WATER |
|-------------------|--------------------|-------------------|-----------------|
| 5'5" 145 lbs. | low | 30 minutes | 10 oz |
| | | 60 minutes | 24 oz |
| | | 90 minutes | 34 oz |
| | medium | 30 minutes | 14 oz |
| | | 60 minutes | 27 oz |
| | | 90 minutes | 44 oz |
| | high | 30 minutes | 17 oz |
| | | 60 minutes | 34 oz |
| | | 90 minutes | 51 oz |
| 5'10" 185 lbs. | low | 30 minutes | 14 oz |
| | | 60 minutes | 24 oz |
| | | 90 minutes | 37 oz |
| | medium | 30 minutes | 14 oz |
| | | 60 minutes | 30 oz |
| | | 90 minutes | 44 oz |
| | high | 30 minutes | 17 oz |
| | | 60 minutes | 34 oz |
| | | 90 minutes | 54 oz |

And what about electrolytes?

Despite what the sports drink commercials say, every gym session doesn't require a 24oz bottle of bright blue juice. When exercising for more than an hour, though, make sure to re-stock the bod with electrolytes in the form of carbohydrates and sodium. Choose a sports drink with 120-170 mg of sodium per 8oz serving and not too much added sugar.



Colder water keeps the body temperature lower for longer, preventing heat-related stress and fatigue.

People who have saltier sweat should hydrate with a combination of water and sports drinks during and after exercise to avoid hyponatremia (low blood sodium caused by excess water).

Does a workout leave you drenched while your gym buddies are just glistening? You're probably a heavier sweater, and should compensate by drinking at the higher end of the recommended ranges.

Some people can tolerate a stomach full of liquid while working out, and others cannot. Some types of exercise (hello, sprint intervals and upside-down yoga poses) are not conducive to having a gut full of fluid. If you're just getting started with a new fitness regimen, drink at the lower end of the recommended ranges until you understand how the exercise affects your body.

In high temperatures or humid conditions, bump pre- and post-exercise hydration to 16 oz before and after working out. If you're exercising for longer than an hour, definitely supplement water with a sports drink, even if you usually don't.

Not a fan of bottled sports drinks? Coconut water has as much potassium as a banana and sodium, magnesium, calcium, and phosphorus to boot. (So basically, it's a smart sub for artificial electrolyte-boosters.)

After exercise, consider hydrating with tart cherry juice, which speeds muscle recovery, or chocolate milk, which contains protein for building muscle as well as carbs, sodium, and calcium.