

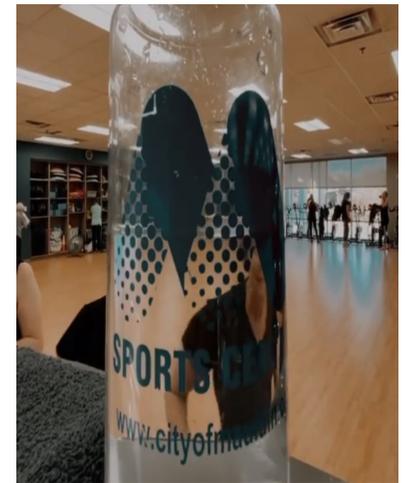
Why Hydration is important

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Around 60% of your body is made up of water. It's essential for virtually every function in your body. Even mild dehydration can have a huge impact on your performance. Studies suggest losing as little as 1-2% of your body weight in water can lead to:

- Reduced speed and strength
- Reduced agility and reaction time
- Decreased focus and mental sharpness
- Increased risk for injury
- Faster time to fatigue

To avoid dehydration, it's important to drink water throughout the day and replace water and electrolytes lost through sweat.



Drinking enough water each day is crucial for many reasons:

1. Regulates your body temperature
2. Keeps joints lubricated
3. Helps prevent infections
4. Keeps your organs functioning properly
5. Helps deliver nutrients to the cells
6. Helps improve your sleep quality
7. Helps your daily thinking
8. Helps your mood stay more positive

How to stay hydrated?

Every person needs a different amount of water per day. It will vary depending on your exercise routine, how much you sweat, your size, etc. Easy ways to stay hydrated:

1. Keep water close by always
2. Set a goal to drink water every 30 minutes
3. Hydrate when you exercise AND replace what you lose during exercise
4. Use your body as a guide— check your urine color, are you sluggish, does your mouth constantly feel dry, etc.

“Water is essential for your health and wellbeing, affecting every system in your body “

Key Takeaways

Replacing water and electrolytes lost through sweat is key for maintaining health and optimal performance.

Hydrate throughout the day and drink water in the hour before exercise. During exercise, consider a sports drink to replenish electrolytes. Drink fluids after exercise, and use your urine color as a guide to determine whether you're properly hydrated.

Do I really need electrolytes before and after exercise?

When to Intake Electrolytes?

Electrolytes are essential minerals that your body needs to stay hydrated before, during, and after exercise. Electrolytes also support our body's vital functions, such as muscle contraction (including the heart), blood pressure, nerve signaling, and much more. Did you know that electrolytes help your body retain fluid during heavy exercise when you're sweating. They can also keep joints lubricated and maintain your energy, avoiding dehydration related fatigue.



Before:

Start drinking water and electrolytes about one hour before so the fluid has time to reach all areas of your body. Pre-hydration also gets your heart pumping and blood moving through your core and extremities to prepare for exertion.

During:

Now that you've prepared your body for exercise, it's essential to also keep it hydrated during exertion. You don't necessarily need electrolytes for this—water will suffice for short or easy sessions. Try drinking small amounts of water during your activity.



A good rule of thumb is to drink about 100-150ml every 20 minutes or so. Too much intake can make you feel sick, especially for high-endurance and intense activities, so small regular sips are best.

After:

You lose fluid during exercise because you sweat and breathe heavily, so **replenishing lost water and electrolytes should be your first priority after you've finished your workout.**



Foods Containing Large Amounts of Water

Although 80% of your daily water intake usually comes from beverages, the other 20% usually comes from foods.

Here are 10 foods high in water:

- 1. Cucumber-** Because it is 95% water, one serving of cucumber has only 8 calories. Cucumber is also a good source of fiber, vitamin K, and vitamin A.
- 2. Tomatoes-** Tomatoes are a rich source of water as one cup of sliced raw tomato contains over 150g of water.
- 3. Watercress-** The high amount of water in watercress is surely one of the reasons this vegetable topped the list of "powerhouse fruits and vegetables."
- 4. Apples-** Apples have 85g of water, making them a perfect snack for staying hydrated.
- 5. Celery-** Celery is a healthy vegetable that is made mostly of water. A single cup of it contains 115g of water.
- 6. Lettuce-** Water makes up over 95% of raw lettuce. In addition to helping you stay hydrated, lettuce helps with bone strength, vision, and sleep.
- 7. Watermelon-** This juicy fruit gets its name from containing 92% of water serving as a great snack for staying hydrated. Watermelon is also power packed with beneficial nutrients and is a great source of antioxidants.
- 8. Peaches-** Although the fiber content in peaches makes them a filling food, they are made up of 85% water.
- 9. Strawberries-** Small but mighty fruit that contains 91% water along with lots of nutrients.
- 10. Zucchini-** One cup of zucchini contains 90% water and contains 1 g of fiber that keeps you feeling full.