

# HOW

## 2 Stay Hydrated

### HYDRATION IS ESSENTIAL TO ANY WORKOUT.

Exercising without good hydration is not only bad for your body, but simply unadvisable. It affects your performance and can create health problems once you are done.



Make sure you are properly hydrated prior to your workout by drinking **at least**

 **8oz**

of water on your way to the gym.

Timing of hydration is just as important as the amount of water you consume.

#### A GOOD RULE

 **32oz**

of water for every hour of exercise.



**Plain water is best when hydrating**, but may need to be supplemented when workouts extend beyond an hour. The body needs to **replenish electrolytes** that are lost during long exercise routines and endurance sports. Sports drinks can provide the extra boost needed, but dilute them with half water to cut down on the sugar.

## Track Hydration by Monitoring the Color of Your Urine



**Clear and colorless to pale yellow**, you are well hydrated.



**Darker yellow**, not yet dehydrated but, you should drink some water.



**Dark brown** or smells bad, you are severely dehydrated.



**Those who are not consuming enough water will develop a variety of symptoms:**

- weakness
- fatigue
- muscle aches
- cramps
- mental dullness



**Everyone should have a hydration plan** for their workouts that is based on their individual health and the type of exercise they are doing. A person's gender, age, weight and health history are things to consider.

For more information on hydration and exercise, visit [premierhealthspecialists.org/familyhealth](http://premierhealthspecialists.org/familyhealth)

SOURCES: Sean Convery, MD, Premier Orthopedics, Ben Mishler, AT, Premier Health Sports Medicine