

# Hydration

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## Benefits of Drinking Fluids

Fluids help to:

- Move nutrients and waste through your body
- Stabilize blood pressure
- Protects and cushions your joints and organs
- Manages body temperature
- Lowers risk of dehydration and heat stroke



**Stay hydrated!**



One of the steps of muscle recovery is **rehydration**. It is important to drink lots of fluids to replace what was lost during exercise or strenuous activity. Make sure to drink lots of fluids before, during and after exercising.



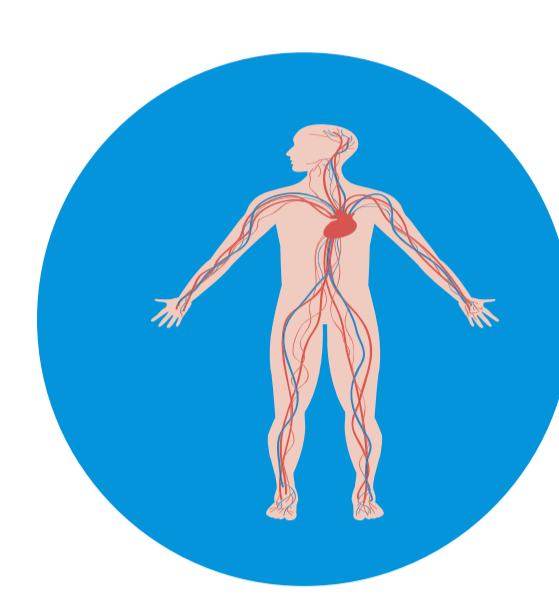
Before



During



After



A Healthy Body

Don't forget to pay attention to your thirst and the colour of your urine - pale yellow urine can indicate you are well hydrated. You should aim to drink about 8 glasses of water!

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## Tips To Drinking More Fluids:

Try to make water the fluid that you drink the most!

Drink more water by:

- Bringing a water bottle when you leave the house
- Keep a glass of water near you so it is easier to drink
- Order a glass of water instead of juice or soda
- Drink more water when working out or when it is hot outside
- Try adding fruit to your water for flavour



## Other Sources of Fluids



Milk or nondairy alternatives

They are great sources of protein, calcium and vitamin D. Other beverages include almond, cashew, rice and oat milk.



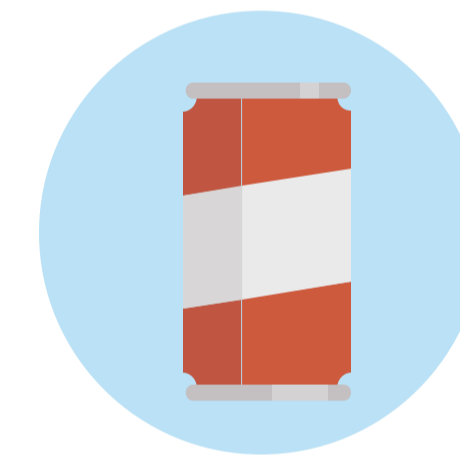
Tea or Coffee

Herbal tea is a good choice. Make sure to limit caffeine intake to 2-3 cups per day.



Fruit Juice

Fruit juice is high in sugar and calories so it is better to eat a whole fruit. Try to have small amounts of fruit juice, limit intake or dilute it with water.



Soda and Energy Drinks

Soda is high in sugar and does not contain many vitamins. Energy drinks have a lots of caffeine and sugar. Try to limit or avoid these drinks.

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## Fluid Intake During Training



**Before Exercise**

Depends on the height of the athlete



**During Exercise**

If you sweat a lot, you'll have a higher range. If you don't sweat a lot, you'll have a lower range.



**After Exercise**

Aim for 2-3 cups of fluid within 30-60 minutes after exercise

For a 1.5 hour practice, drink ~1-5 cups of fluid



## Are Sports Drinks Good To Drink When Exercising?

Sports drinks contain fluid, carbohydrates and electrolytes. They are good to drink if you exercise hard for at least an hour, have an intense workout, sweat a lot, have a salty sweat or exercise in the heat.