



General Guidelines for Fluid Needs During Exercise

While specific fluid recommendations aren't possible due to individual variability, most athletes can use the following guidelines as a starting point, and modify their fluid needs accordingly.

Hydration Before Exercise

- Drink about 15-20 fl oz, 2-3 hours before exercise
- Drink 8-10 fl oz 10-15 min before exercise

Hydration During Exercise

- Drink 8-10 fl oz every 10-15 min during exercise
- If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15 - 30 minutes

Hydration After Exercise

- Weigh yourself before and after exercise and replace fluid losses
- Drink 20-24 fl oz water for every 1 lb lost
- Rehydrate with water, low fat milk, sports drink or 100% juice
- ***Do not OVERHYDRATE – fluid replacement should be over a long period. Drink the necessary fluid gradually between the time you finish your workout and 1-2 hours before you begin your next one.***

Electrolytes

Critical electrolytes sodium and potassium need to be replenished as well to avoid dehydration. This can be done by consuming sports drinks (i.e., Gatorade) if exercise longer than 90 minutes as shown above – or if exercising in the heat. Try also adding some sodium and potassium rich foods to your diet to ensure proper replenishment

Best sources: Bananas, tomatoes, potatoes, any broth-based soup, tomato soup, pickles, dried fruit, cold cuts, melon, salted nuts w/ raisins, yogurt, low fat milk, sweet potatoes, avocados.