

FLUIDS & FUN AT PLAY IN THE SUN!

When active in hot and humid temperatures this summer remember to take time out to drink lots of fluids. You need more water under these conditions to replace lost fluids from your body. If you drink too little or, lose too much fluid through sweat, you are at a higher risk for becoming dehydrated which can prevent you from enjoying the many benefits of being active in the summer. Some early signs of dehydration include thirst, irritability, cramps, headache and early fatigue during physical activity. Unfortunately your body will not signal you to drink until you're already dehydrated. So it's important to form good hydration habits!



Tips to stay hydrated

- Drink fluids with each meal and snack during the day
- Make sure to drink before, during and after exercise
- Carry a bottle of water with you when you travel
- Limit the amount of caffeine and alcohol you drink; they increase your urine output and can promote dehydration

How much fluid?

- The general advice is to drink 8 glasses of fluids each day
- When more active in hot and humid conditions drink:
Before: 400-600 mL (about 2 cups) 2 hours before exercise
During: 150-350 mL (1/2-1cup) every 15 minutes
After: 500 mL (about 2 cups)

(These recommendations are guidelines only. The more you sweat, the more you need to drink)

Did you know...Studies show that children drink more if the fluid is flavoured?

Helpful Hint...

- Weigh yourself before and after exercise to monitor fluid loss
- Your goal is to replace lost weight by drinking fluid

Weight Lost	Amount to Aim to Drink
1 lb	500 mL (2 cups)
1 kg	1 L (4 cups)

What type of fluids?

Water is exactly what your body needs when exercising; however, it isn't the number one fluid for everyone. Other sources include unsweetened fruit juices, lemonade, milk, smoothies, soups, decaffeinated coffee or tea. Watery foods like fresh fruits and vegetables will also help replace lost fluids.

Sports drinks may be the fluid of choice when exercise periods are very intense, stop-and-go or longer than 60 minutes. In these situations, your body may begin to run low on energy. The carbohydrates (sugar) and electrolytes (sodium, potassium) in sports drinks can supply energy to working muscles. Look for sports drinks providing 4-8 g carbohydrate per 100 mL (4-8% carbohydrate) for quick absorption. Although sports drinks are a good source of energy, they should not be the only fluid of choice because they contain little nutrition and can be expensive.

Make your own sports drink

To make your own tasty, low cost sports drink use fruit juice that provides 8-16 g carbohydrate per 100 mL (20-40 g per 250 mL).

Mix: 500 mL (2 cups) fruit juice
 500 mL (2 cups) water
 1 mL (1/4 tsp) salt

This drink provides 4-8% carbohydrate (depending on type of juice used), 0.6 g sodium.