

Drop It Low

Week Four – Hydration

Water makes up approximately 70% of the body and is one of its most important components. We need it for survival. It is needed in a majority of all our bodily processes. Water is needed to transport nutrients, eliminate waste products, regulate and maintain body temperature, chemical reactions, and lubricate joints.

Remember to be hydrated before you exercise. You want to minimize fluid loss as much as possible. As you sweat, you are constantly losing water. You lose even more water when exercising in hot weather. If you do not stay hydrated, your blood will be thicker which results in an increased heart rate. Moreover, your blood pressure drops, so your heart tries to raise your blood pressure by increasing the heart rate.

When you are hydrated, you can exercise with a lower heart rate, which can improve your performance. Stay hydrated!



Hydration Guidelines

- Drink 300-500 mL of fluid at least 4 hours before exercise.
- Drink 150-350 mL of fluid about 2 hours before exercise.
- Drink 130-250 mL every 20 minutes during exercise.
- Drink 1.5L of fluid per kg of weight loss after exercising.

(Coaching Association of Canada)

Tips for increasing your water intake:

- Drink a big glass of water at every transitional point of the day e.g. when you first wake up, sit down to work, etc.
- Instead of drinking coffee or tea, have hot water with a drop of honey.
- When you have a junk-food craving, drink a glass of water immediately.
- Carry a refillable water bottle.
- Add water to your juice.
- Add lemon, limes, or any fruit you prefer in your water.
- Drink one glass before and after a meal.