

STEP IT UP CHALLENGE

STAY HYDRATED!

***Water is an essential nutrient that is often overlooked.
Don't rely on thirst alone to tell you how much you need to drink!***

Most of us are well aware of the need to stay hydrated. The idea of 8-10 glasses of water a day has been continually promoted and carrying water to a workout is second nature. Water is an essential nutrient that is often overlooked. Our body weight consists of between 50-75% of water. Body processes and functions such as cognition, circulation, digestion, and elimination, rely on water to function properly. Our body loses approximately 2-3 quarts of water per

day just through these natural processes. The body loses even more water when we are active. As a general rule of thumb simply ensure you are well hydrated before exercise and then continue drinking often during your workout. Don't rely on thirst alone to tell you how much you need to drink. To keep those muscles working and to avoid fatigue, it's important to drink plenty of liquids before, during, and after the activity.

BEFORE	<ul style="list-style-type: none"> ✓ 110 to 250 ml 5-10 minute before exercise will help to replace sweat losses immediately. <p>To calculate your specific needs, use the following formula:</p> <p style="padding-left: 40px;">BW in kg x 5ml = ___ml (A) to BW in kg x 7ml = ___ml (B)</p> <p>This is the range for your ideal fluid intake before exercise.</p>
DURING	<ul style="list-style-type: none"> ✓ Exercise < 30 minutes = Water if thirsty ✓ Low to moderate intensity < 1 hour = Plain water ✓ High intensity < 1 hour = Electrolyte drink could benefit performance by providing fuel ✓ High intensity > 1 hour = Electrolyte and/or Glucose drink to replace fluids and fuel to prevent dehydration and/or low blood sugar
AFTER	<p>Both water and sodium need to be replaced to restore normal fluid balance after exercise. You can do this with water and food if there is no urgency for recovery. But let's face it, water can get boring, but hydration doesn't have to be.</p>

Source: https://courses.thehealthsciencesacademy.org/wp-content/uploads/2013/11/EN_Module-7_Unit-2_Hydrating-before-during-and-after-exercise.pdf

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Here are some fun ways to stay hydrated:

HOMEMADE SPORTS DRINK RECIPE

With questionable ingredients in the most popular sports drinks including monopotassium phosphate, mystery “natural flavors,” and artificial dyes, why not opt to make your own?! A mineral-rich base with a source of sugar and salt is the perfect combination to replace electrolytes and top up fuel.

- 1 quart liquid such as green tea, herbal tea, coconut water, or plain water
- 1/8 -1/4 tsp high quality sea salt
- 1 tsp calcium magnesium powder
- ¼ cup or more 100% juice (optional)
- 1-2 tbsp sweetener such as honey, blackstrap molasses, maple syrup, or stevia (optional)

Cooling Foods are mostly water! (> 90% water):

Cucumber, melon, strawberries, lettuce, celery

Lime Water:

A great source of electrolytes and Vitamin C aiding in replenishment of nutrients, muscle recovery, and fighting free radical damage.

Source: www.wellnessmama.com

