



FLUID FACTS

Presented by Hospital for Special Surgery
Sports Performance & Rehabilitation Department

A Hydration
Guide

6 Symptoms of Dehydration

- ✓ Thirst 
- ✓ Headache
- ✓ Dry, sticky mouth
- ✓ Decreased urine output
- ✓ Rapid heartbeat 
- ✓ Fatigue

Hydrating!

Water
Sports Drinks*
Seltzer

Soda
Energy Drinks
Alcohol


* Good for prolonged exercise
or training 60+ minutes


Dehydrating!


5 Tips for Staying Hydrated

 Plan ahead

Have sources of fluid available 

 Build in breaks during training

Have appetizing sources of fluid available
(i.e. if you like flavor, add a lemon wedge.) 

 Listen to your body. If you're thirsty, drink.
If your urine is dark, drink.



Weigh yourself!

If the weight difference
between pre-workout and
post-workout is greater
than **2 - 3%** you're
likely dehydrated.

Take a Gulp!

Consume **4 - 6 ounces** of
fluid every **15 to 20 minutes**
of training.

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WHERE THE
WORLD COMES
TO GET BACK
IN THE GAME

