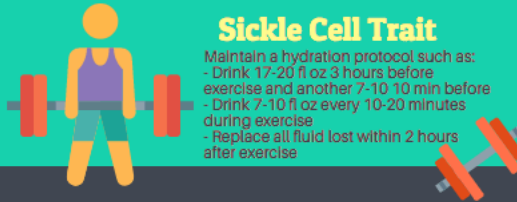


Hydrating? Consider this..

Sickle Cell Trait

Maintain a hydration protocol such as:
- Drink 17-20 fl oz 3 hours before exercise and another 7-10 fl oz 10 min before
- Drink 7-10 fl oz every 10-20 minutes during exercise
- Replace all fluid lost within 2 hours after exercise



Religious Considerations

If fasting due to religious practices, maximize hydration when able. Aim for nearly clear urine. Be cautious when assessing hydration due to physiological changes to the body due to fasting.



Heat Illness

Dehydration greatly increases your risk of heat illness. Dehydration of only 3% body weight can negatively impact performance and the body's thermoregulatory systems.



Assessing Hydration

There are several methods for measuring hydration. The easiest is to measure body weight before and after exercise. This can accurately assess fluid loss due to exercise. However, if assessing a group or team with an athlete with an eating disorder, consider using urine specific gravity instead.



More information

For references or more information, scan the QR code or visit

<https://blogs.longwood.edu/internutrition/hydration/>

