

Daily Hydration

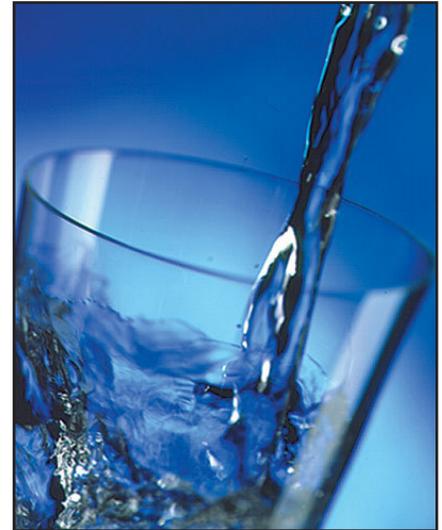
Information:

Water does more than just keep you hydrated. For elite athletes, water:

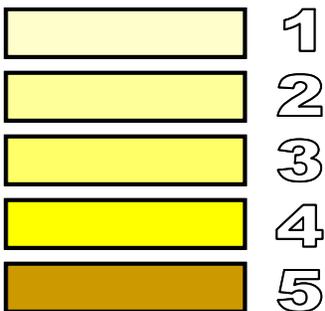
- Acts as a transporter to supply working muscles with the nutrients they need during training
- Helps the body get rid of the waste products resulting from high-intensity training
- Helps the body cool itself during exercise by dissipating heat through sweat

Losing even a small amount of fluid during training or starting a workout dehydrated will make it hard to perform at your best. Fluid losses of 2-3% of an elite athlete's body weight (3-4 ½ pounds for a 150 pound athlete) can lead to:

- Lack of concentration and focus
- Early fatigue
- Trouble tolerating hot weather conditions
- And a longer recovery time



Application:



1
2
3
4
5

An easy and effective method to figure out if you're drinking the right amount is to check the color of your urine. Using the chart below, aim for a urine color throughout the day of #2-3 (pale yellow or the color of lemonade). Anything above a #3 indicates that you're not drinking enough fluid and your performance will quickly suffer. Remember, certain vitamin/mineral supplements can make your urine appear dark yellow, as will your first bathroom break of the day. Also, it is important to pay attention to having a significant volume of urine.

HYDRATION TIP

It's always a good idea to start off your day, whether training or not, by drinking a full glass of water.

INFORMATION ABOUT WATER

Water is one of the most important nutrients in an elite athlete's nutrition program. Drinking too little water or losing too much through sweating decreases your ability to train hard and recover properly.

This material was developed by professional sports nutritionists at the United States Olympic Committee. For more information and additional sport performance resources, visit:

www.teamusa.org/resources/usoc-sport-performance