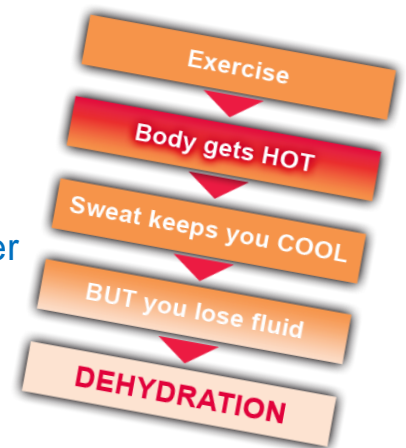www.schoolstriathlonchallenge.com

Hydrate! Activate! Regenerate!

Hydration

Good Hydration Guide

- Get to know your well-hydrated urine colour!
- You can gauge dehydration as your urine gets darker
- Always drink water first until you see a regular flow of clear to pale yellow urine

Exercise
→ Body gets HOT
→ Sweat keeps you COOL
→ BUT you lose fluid
→ DEHYDRATION

ARE YOU DEHYDRATED?

If your urine looks like this before exercise you are well hydrated.

Follow your drinking plan during exercise.

If it's darker you need to drink more before starting exercise.

Be sure to replace fluids adequately during your exercise session.

When your urine looks like this you are severely dehydrated.

Have a good drink immediately and continue to hydrate at regular intervals.

Urine colour before exercise can be a useful indicator of your hydration status. A regular flow of lightly coloured urine indicates you are OK. But if it's darker and there's less of it you need to have a good drink. The urine colour gradient is useful as a guide only.

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Which Drink is Best?

✔ Water is the first choice for rehydration

✔ Low fat milk is also a great choice, plus it contains calcium which is great for healthy teeth and bones

● Sports drinks (Gatorade, Powerade), fruit juice and flavoured milks are sometimes suitable, but only when exercising

✘ Soft drinks are loaded in sugar and are not a good option for rehydration

✘ Energy drinks (for example RedBull, V, Mother) are all high in added sugar and caffeine and are not appropriate for rehydration

Note: High sugary drinks such as the ones mentioned will affect oral hygiene and increase teeth decay. Energy drinks containing caffeine, may feel like they provide a "pick me up" however this is short-term fix, where you will "crash" later. These drinks are not suitable for any athlete, including children.

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