

Hydration Tips

1. Athletes will hydrate better if what they are drinking has flavor, so a sports drink is best. It will also replenish some of the lost electrolytes, especially if they have been active for more than one hour. Pops and fruit juices should be avoided.
2. "Proper hydration begins before exercise. "The Gatorade Sports Science Institute (GSSI) recommends athletes drink 17 to 20 ounces of Gatorade two to three hours before an activity and then at least another 7 to 10 ounces every 15-20 minutes during the sport." GSSI also recommends following activity, an athlete should drink 20 oz. of Gatorade per pound of weight loss within 2 hours to help with re-hydration.
3. Coaches need to monitor the heat and humidity. If the temperature is too hot and humid, practices should be limited and the athletes should be given more frequent rest periods and water breaks. If you are wondering whether you should be practicing or not or what changes should be made based on the weather, you can visit: <http://www.summahealth.org/common/templates/article.asp?ID=11473> and click on the event safety calculator to help guide you.

The information presented should not be considered medical advice or treatment, nor should it replace a physician consultation. For more information about any of our programs or services, or to receive a physician referral, please call Summa Connections at (800) 23-SUMMA.
For an appointment with Dr. Shah, please call: Hudson @ (330) 342-4612 or St. Thomas Hospital @ (330) 379-9544.



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