

# INFORMATION FOR ATHLETES ON WATER REPLACEMENT

Proper fluid hydration is one of the most important nutritional considerations for athletes. Fluid is crucial for control of body temperature, and failure to replace the water you lose through perspiration during exercise may significantly decrease your athletic performance.

## Thirst

Feeling thirsty gives you some indication of how much water you need to drink after exercising. However, you may need to drink much more than you are thirsty for to replace all you've lost.

## WEIGHT

Weighing yourself before and after exercise, either competition or training, is the best method for determining how much you need to drink to be rehydrated. Replace every lost pound with 2 cups cool water or a sweet-tasting beverage.

Weight Loss	Fluid Needed to Replace Loss
1 pound	1 pint (2 cups)
5 pounds	5 pints (2½ quarts)
15 pounds	15 pints (7½ quarts)

The best way to replenish water loss is to drink small amounts of water often during workouts and all day long.

## WATER LOSS VERSUS FAT LOSS

Drinking water cannot make you fat; water has no calories. Quick weight loss (such as 2–5 pounds in a day) is usually only water weight. True fat loss cannot occur so quickly.