

# Drink Up

## Fluid replacement should be part of every sports person's activity plan.

- Exercise causes sweating, which deprives the body of vital fluids.
- Thirst is a poor indicator of your level of hydration.
- Dehydration can cause headaches, nausea, dizziness and heat stress.
- Adequate fluid replacement before, during and after physical activity will lessen the dangerous effects that dehydration can have on the body.

### Fluid Replacement Guidelines

- Always start exercise well hydrated
- Participants of sport and those undertaking regular physical activity should note the following guidelines.
  - Before Activity** – drink 300-500ml (2 cups), 45 minutes before activity.
  - During Activity** – drink at least 150ml every 15-20 minutes of activity.
  - After Activity** – drink plenty of fluids even if you don't feel thirsty.
- Coaches and parents should remember that children are at a greater risk of heat stress and should be encouraged to regularly take in fluids, have more frequent breaks and train for shorter periods of time.

### What to Drink

- Cool plain water is the best fluid replacement drink.
- Most sports people do not exercise at an intensity to warrant the use of a sports drink for re-hydration. However, sports drinks are ideally suited to high-intensity and endurance sports to aid in recovery.

### Other ways to Beat the Heat

- Wear light clothing – light in colour, light in weight.
- Wear a hat.
- Wear a 30+ sunscreen to prevent skin damage and skin cancer.
- Wear sunglasses to protect your eyes.

**So beat the heat, keep your fluids up, get out there and get active!**

