

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
RED LINE		
4		If your urine color is below the RED line, you are
5		<u>DEHYDRATED</u> and at risk for cramping and/or a heat illness!!
6		<u>YOU NEED TO DRINK MORE WATER!</u>
7		
8		

LET OUR TEAM TAKE CARE OF YOUR TEAM.
GEISINGERSPORTSMED.COM

GEISINGER
SPORTS MEDICINE

USING DAILY WEIGHTS TO DETERMINE HOW MUCH WATER TO DRINK

For every one (1) pound of weight lost

Replace with

One 32 oz cup water or sports drink WITH ICE

Or

**One 20-24 oz cup water or sports drink
WITHOUT ICE**

Goal should be to replace fluid losses prior to next practice – average one to two cups each hour after practice.

Drink most of the fluid you need to replace with a meal, and try to replace all that you need in the first few hours after practice.

If you have any questions please see your certified athletic trainer.

Daily Water Requirements

The following table is established utilizing National Strength and Conditioning Association (www.nscs-lift.org) recommendations in addition to current research. It is recognized that most Americans walk around in a dehydrated state. Intercollegiate athletes are no different and are also dehydrated most of the day. Performance can be directly affected by an athlete's hydration level. Prior to exercise it is essential to enter into competition hydrated. During athletic participation a person can lose up to several pounds in water and electrolytes. This must be replaced during and after exercise or dehydration and/or heat illness will occur.

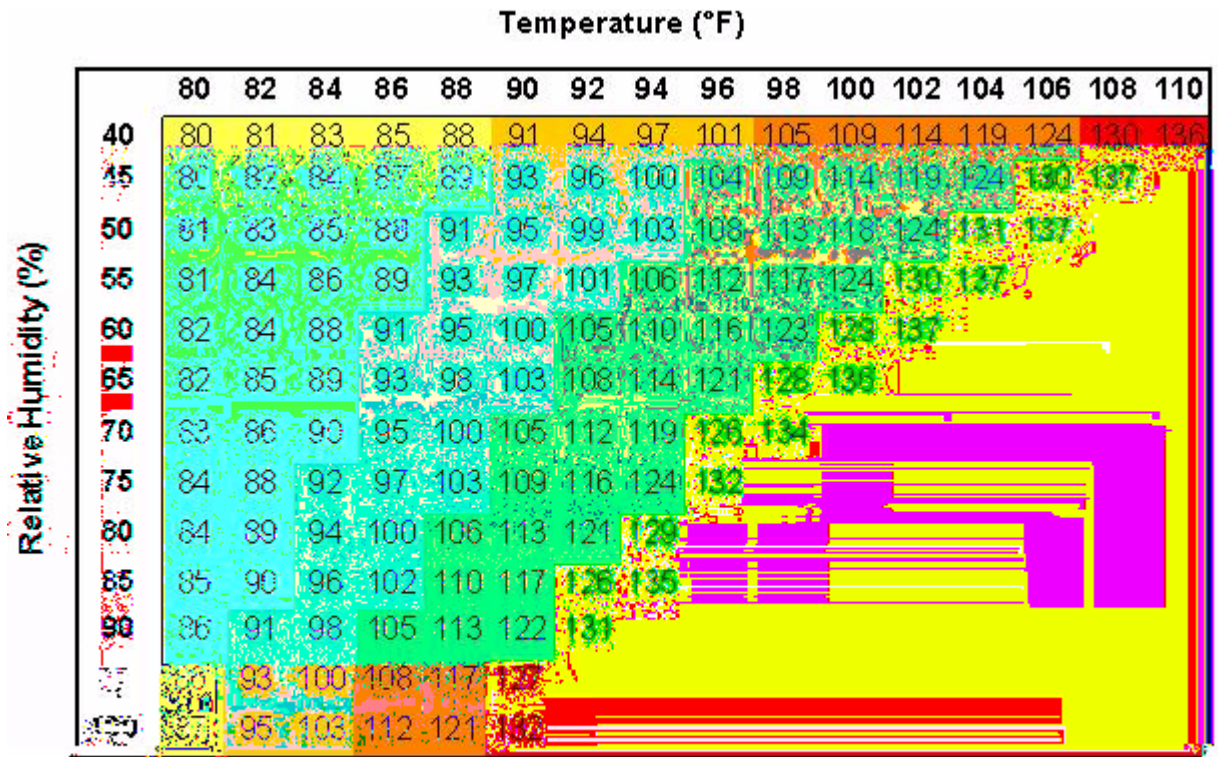
Refer to the below table for water needs **outside** of your sport. Any water consumed immediately before, during and immediately after a practice/lifting session does not factor into this amount. Fluids other than water that are clear in color, natural, and have low or no sugar content may also count.* In order to achieve drinking your amount in water it is necessary to have a water bottle with you at all times. (ie. studying, library, classes, hanging out, video games, errands, resting)

YOUR Weight (lbs.)	Ounces of water needed per day	# of Gallons	YOUR Weight (lbs.)	Ounces of water needed per day	# of Gallons
95	72.2	0.56	200	152.0	1.19
100	76.0	0.59	205	155.8	1.22
105	79.8	0.62	210	159.6	1.25
110	83.6	0.65	215	163.4	1.28
115	87.4	0.68	220	167.2	1.31
120	91.2	0.71	225	171.0	1.34
125	95.0	0.74	230	174.8	1.37
130	98.8	0.77	235	178.6	1.40
135	102.6	0.80	240	182.4	1.43
140	106.4	0.83	245	186.2	1.45
145	110.2	0.86	250	190.0	1.48
150	114.0	0.89	255	193.8	1.51
155	117.8	0.92	260	197.6	1.54
160	121.6	0.95	265	201.4	1.57
165	125.4	0.98	270	205.2	1.60
170	129.2	1.01	275	209.0	1.63
175	133.0	1.04	280	212.8	1.66
180	136.8	1.07	285	216.6	1.69
185	140.6	1.10	290	220.4	1.72
190	144.4	1.13	295	224.2	1.75
195	148.2	1.16	300	228.0	1.78

*Avoid caffeine, teas, sugars, high fructose corn syrup, sodas, and artificial flavors.

Draw the line on heat related injuries

Know when heat and humidity put you at risk. Print your copy of this heat index chart and use it to determine when to adjust your routine.



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- Extreme Danger