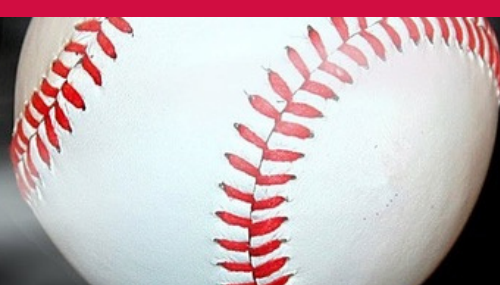


5 TIPS TO STAYING HYDRATED FOR BASEBALL



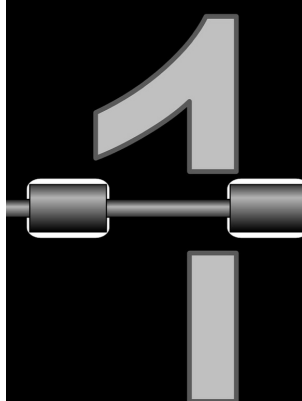
IMPORTANCE HYDRATION

Hydration is critical for performance! During exercise, fluids carry nutrients to working muscles, keep the body cool, maintain cognitive function, delay fatigue, and reduce the risk of heat illness. However, when we become dehydrated (lose fluids) our body is unable to adequately function and we suffer negative side effects to health and performance. Below are 5 tips to help you limit dehydration, its negative side effects and thus perform at your best.

DESIGNING A HYDRATION STRATEGY

Designing a hydration strategy will help you limit dehydration. Three quick steps:

1. Weight, or body mass losses during exercise can indicate fluid losses. These losses need to be limited to prevent dehydration. How to measure?
Weight before - weight after = weight loss where 1 kg loss = 1 L of fluid loss. Take various measures in various condition to determine average loss to build a strategy.
2. Urine color and volume can also be used as an indication of fluid balance. Low volume and dark coloured urine is typically an indication of poor hydration status.
3. Thirst is an indication of dehydration. So be mindful of your thirst sensation.



START YOUR TRAINING & GAMES WELL HYDRATED

Starting training or games well hydrated is key! To do so, begin incorporating your hydration strategy prior to exercise. Three simple ways to do so:

1. Drink with all meals & snacks.
2. Drink approximately 500 ml of fluids 2-3 hours prior to your game.
3. Drink approximately 250 ml of fluids 1-2 hours prior to your game.

It is important to use these as guidelines as your tolerance should also guide intake. For players with high sweat rates or competing in the heat add electrolytes.



LIMIT DEHYDRATION DURING TRAINING & GAMES

Fluids during events are important to limit the extent of dehydration and its negative side effects such as increase body temperature, decrease concentration & skill, and heat illness. Three simple tips for the prevention of dehydration:

1. Drink according to your hydration strategy.
2. Add additional fluids, electrolytes, and carbohydrates if the weather is hot, the game is longer, or the workload is higher.
3. Ensure fluids are tolerable in both taste and temperature to encourage intake.



REHYDRATE AFTER YOUR TRAINING OR GAME

Rehydrating is one of the 4 R's of Recovery: Refuel, Rebuild, Rehydrate, Rest To ensure optimal recovery from training and games and to prevent dehydration for subsequent events fluid replacement is critical.

How much should you consume? It is recommended you replace 125-150% of fluid lost during activity. To calculate 1kg loss = 1 L loss = 1.25-1.50 L replacement. Note: fluid replacement should take place by consuming small amounts of fluid over time and not in large amounts (could be detrimental to health).



ACCOUNT FOR OTHER FACTORS THAT EFFECT HYDRATION.

There are numerous factors that affect hydration status. To ensure you have an effective hydration strategy take the following factors into account and adjust your hydration strategy accordingly.

1. Activity level & duration
2. Environmental conditions - heat, humidity, cold, wind, rain, altitude, etc
3. Acclimatization - have you prepared to compete in this environment
4. Clothing/ability to stay cool (shade or shelter)

