

## Proper Hydration



Proper hydration is a key component of overall health as well as participation in and recovery from exercise. Proper hydration is especially important as we approach Summer with higher temperatures. Below is information that will help keep you properly hydrated with playing Pickleball and other exercise/athletic activity. These are general guidelines to consider, but please keep in mind everyone is different.

**Effects of Exercise:** As we exercise, our body generates internal heat, which needs to be dissipated effectively or a condition like heat exhaustion or heat stroke could develop. Our body normally responds by shifting more blood flow to our skin to initiate sweating. Sweat includes water and electrolytes (ex. sodium, chloride, potassium). The evaporation of sweat helps cool down our internal temperature, but can lead to dehydration if not properly replaced. On hot days, the difference in air and skin temperature decreases making it more difficult to transfer heat to the environment. Humidity also can make a difference. Other factors influencing sweat rate include body weight, genetics and clothing. You can lose one to four pounds of sweat per hour of exercise.

**Considerations for Proper Fluid Intake:** Hydrate before, during and after exercise. Do not always rely on your thirst mechanism “I’m thirsty” to intake fluid. If your body is telling you it is thirsty you are already somewhat dehydrated. Weigh yourself before and after exercise to get an idea of how much fluid weight you have lost.

**Pre-Exercise Fluid Intake:** Consider drinking 16 – 20 ounces of water 2-3 hours before exercise

**During Exercise Fluid Intake:** Consider drinking 7 – 10 ounces of water every 10 – 20 minutes

**Post-Exercise Fluid Intake:** Recommendations are to drink 16 – 24 ounces of fluid for every pound lost during exercise. Dehydration is considered a 2% loss in body weight following exercise.

**Sports Drinks:** You should choose sport drinks over water if exercising at a moderate to high intensity for 90 minutes or greater. Sports drinks can help replace glycogen and electrolytes.

Keep these guidelines in mind and stay well hydrated while enjoying Pickleball/exercising.

**Barr & Associates Physical Therapy**

1425 Hand Ave, Suite H

Ormond Beach, FL 32174

386-673-3535

[Barrandassociatesphysicaltherapy.com](http://Barrandassociatesphysicaltherapy.com)