

What does it mean to **stay hydrated?**



Learn the basics of hydration to keep
your body happy and hydrated through
all your adventures!

WHAT DOES IT MEAN TO STAY HYDRATED?

Table of Contents

Why Hydration Matters

**How Much Water Do You Need?
Differences Through the Seasons**

Exercise and Sweat Loss

**Electrolytes: What are They and Why Do
you Need Them?**

Practical Hydration Tips

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Why Hydration Matters:

Hydration is crucial for maintaining optimal health and performance. Every cell, tissue, and organ in your body needs water to function correctly. Proper hydration aids in **digestion, nutrient transport, temperature regulation, and even cognitive function.**

Understanding the importance of hydration and how to maintain it can drastically improve your overall well-being and athletic performance.



How Much Water do You Need?

A general guideline is to drink between **half an ounce to an ounce of water for each pound you weigh every day**. For instance, if you weigh 150 pounds, you should aim to consume between 75 to 150 ounces of water daily. This range allows for individual variations in activity level, climate, and overall health, ensuring your body stays hydrated and functions optimally.

How About During Different Seasons?

Exposure to **extreme conditions** like high heat, high humidity, prolonged cold, water immersion, altitude, and reduced gravity increases the body's need for water and electrolytes to compensate for increased losses.

In **extreme heat**, water and salt losses from sweating, respiration, and through the skin can be so significant that daily water needs can exceed 10 to 20 liters.

In **cold environments**, respiratory water loss increases due to low humidity and a higher ventilation rate, and sweat production can exceed 1 liter per hour due to the warm, humid microenvironment created beneath clothing.

Exercise and Sweat Loss

4 Hours Before Training

drink 16–24 ounces (2–3 cups) of fluid...
1 ounce/10 lb. body weight

2 Hours Before Training

5–12 ounces (0.6 oz/10 lb. body weight) if urine output is still low

30 Minutes Before Training

Drink 8oz (1 cup of fluid)

Every 15 Minutes During

Drink 4 oz. fluid

Immediately After Training

Drink 16 ounces for each pound lost during training.

Note common sweat rates
average about 1–4 lbs/hour.

One way to stay on top of your
sweat rate is to weigh yourself
before and immediately after
your session.

Important because... A 1% loss in body weight during your run (i.e. 1.5 lbs in 150 lb person) makes the heart beat 3–5x faster/minute which affects recovery and performance.

ELECTROLYTES

What are They and Why do You Need Them?

Electrolytes include essential salts and minerals such as potassium, phosphate, calcium, and magnesium.

Maintaining the right balance of these electrolytes is crucial for the optimal performance of the body's muscles, organs, and joints.

Sports drinks, depending on their balance of carbohydrates (sugar) and electrolytes, fall into one of three categories:

Isotonic Drinks	Hypotonic Drinks	Hypertonic Drinks
<ul style="list-style-type: none">• Similar balance of carbohydrates and electrolytes as human blood.• Designed to restore electrolyte balance after activities that cause sweating and electrolyte loss.• Most commercial sports drinks fall into this category.	<ul style="list-style-type: none">• Lower amounts of carbohydrates and electrolytes than the human body.• Rehydration after a workout, especially if the exercise was of shorter duration or lower intensity.	<ul style="list-style-type: none">• Higher concentrations of carbohydrates and electrolytes than human blood.• Electrolyte gels, with their higher sugar and salt content, are similar in composition.• Beneficial for endurance athletes and are useful for replenishing glycogen stores in the muscles, providing sustained energy.

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ELECTROLYTES

The amount of sodium an athlete needs depends on a number of factors, including how long they're exercising, the temperature, and whether they sweat a lot. **A baseline recommendation is 500–700 mg of sodium per hour**, but some athletes may need more than 2,000 mg.

HERE ARE SOME IDEAS:

- LMNT
- Nuun Sports Tablets
- DripDrop
- Liquid IV Sports Hydration
- Organic Coconut Water (add in salt yourself!)
- Hydrant
- Skratch Labs Sports Hydration Mix



Practical Hydration Tips

General Tips

- **Listen to Your Body:** Thirst is a clear signal that your body needs more water, but don't wait until you're thirsty to drink. **Aim to hydrate consistently throughout the day.**
- **Monitor Your Urine:** The color of your urine is a good indicator of your hydration status. Light yellow or clear urine typically means you're well-hydrated, while dark yellow or amber may indicate dehydration.
- **Set Reminders:** Use alarms or smartphone apps to remind you to drink water at regular intervals, especially if you're busy or tend to forget.
- **Hydrate Before, During, and After Activities:** Drink water before starting any physical activity, take regular sips during, and replenish fluids afterward to ensure you stay hydrated.



Staying hydrated is essential, whether you're hitting the gym, going for a hike, or simply navigating a busy day. Here are some practical tips to ensure you meet your hydration needs effectively:

At the Gym

- **Pack Extra Water:** Always bring more water than you think you'll need. Intense workouts can lead to significant water loss through sweat, and having enough water on hand ensures you stay hydrated throughout your session.
- **Bring Electrolyte Packs:** In addition to water, carry electrolyte packs or sports drinks. These help replenish essential salts and minerals lost through sweating, maintaining your electrolyte balance and preventing cramps.
- **Consider Sugary Beverages:** While water should be your primary source of hydration, having a small amount of a sugary beverage can provide quick energy and aid in replenishing glycogen stores during prolonged or intense workouts.
- **Plan for Extra Sweat:** Assume you'll sweat more than usual, especially if you're engaging in high-intensity exercises or working out in a warm environment. It's better to over-prepare than to risk dehydration.

On a Hike

- **Pack Adequate Water:** Ensure you have enough water for the entire duration of your hike. A good rule of thumb is to carry at least half a liter of water per hour for moderate activity in moderate temperatures.
- **Electrolytes and Snacks:** Bring electrolyte tablets or drinks to maintain your body's salt balance. Pack snacks that contain sugar and salt, such as trail mix, to keep your energy levels up and replace lost electrolytes.
- **Prepare for Warm Weather:** If you're hiking in warmer weather, increase your water intake and plan for frequent hydration breaks. The heat can lead to more rapid dehydration, making it essential to drink water regularly even if you don't feel thirsty.
- **Post-Hike Hydration:** After your hike, rehydrate with water and a snack that includes electrolytes and carbohydrates to help your body recover. Drinking a sports drink or eating fruit can be an effective way to replenish lost fluids and nutrients.

By following these practical tips, you can maintain optimal hydration levels, enhancing your performance, health, and overall well-being.

**Happy Hydrating
Snowbeasts!**