

## Fluids and Fluid Replacement

### **What to drink?**

With exercise, drinking water is okay. Water is the best fluid when there is nothing else. Other fluids can be: sport drinks, juice, or lemonade. These other sources of water also contain other nutrients needed for replenishment of lost nutrients during exercise. Carbohydrates are the boy's energy source which is the first nutrient that is lost and needs to be replaced and sport drinks and juice and good sources of these carbohydrates. Sodium is needed for palatability or the body's way keeping you thirsty.

<b>Sport Drink</b>	<b>Carbohydrate Concentration</b>	<b>Sodium</b>
10K	6.3	52
Powerburst	6.0	35
Body Fuel	4.2	80
Gatorade	6.0	110
Exceed	7.2	50
Powerade	6.0	35

### **When to drink?**

#### *Before:*

15-30 minutes before exercise begins:

Amount: 13-20 Ounces of water

#### *During:*

Every 15-20 minutes during exercise

Amount: 10-13 Ounces

Carbohydrate and Electrolyte containing if exercise persists for longer than 45-60 minutes

#### *After:*

Weigh yourself before and after exercise. Replace every pound lost with 16 ounces of fluid. Carbohydrate replacing fluid would be useful to help replenish glycogen stores and fluid.

American College of Sports Medicine - Exercise and Fluid Replacement

1. Eat a high carbohydrate, low fat diet and drink plenty of fluids between exercise sessions (Plain water or fluids without sugar or caffeine are the best).
2. Drink 17 Ounces of fluid 2 hours before exercise.