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| |  | | --- | | https://ecp.yusercontent.com/mail?url=https%3A%2F%2Fmcusercontent.com%2Fee18a021f6412f87990f247bf%2Fimages%2F8f5ca8c1-bf96-4642-a84d-4d3d4953a959.png&t=1592664928&ymreqid=3e8dcc23-06e3-0625-2f95-4b0016014f00&sig=b_.Ru_mk9Qw4vU6YkAOsog--~C | | **TRICIA'S TRI TIP #8**  **Hydration**- ensures optimal performance, body temperature regulation. Being dehydrated by as little as 2 percent of your body weight can begin to increase fatigue, reduce your athletic performance (mentally and physically), and increase your risk of heat stress.  Suggested is - less than 300ml before exercising, to avoid gastric upset.  Consider electrolytes added to the water if you sweat loads and loose sodium  150-200ml/ per 15 minutes is suggested in ‘normal temperatures’, and this can dramatically change in hot/humid conditions - The aim is to lose no more than 2% of your body weight during exercise  The simplest way to understand your hydration needs is to to compare preexercise and postexercise body weights. If you lost weight, you need to drink more at the next practice. This gives the you immediate feedback about your drinking habits  Watch signs of dehydration – colour of urine is a huge giveaway to dehydration | |