



## **Injury Prevention:** Hydration and heat related-related illness.

Proper hydration is vital for safe exercise and is an important part of optimizing your performance. The heat of the summer increases our need for fluid intake during exercise. Hydration helps our body regulate temperature so that we can safely be outdoors and not overheat. Carry a water bottle with you and take small drinks several times over the course of your activity.

The National Athletic Trainer's Association and the American College of Sports Medicine offer guidelines for proper hydration for safety and performance. These can be referenced online.

**Before Exercise:** Drink 20 oz of water 2-3 hours before exercise and then an additional 10 oz 20 minutes prior to starting your activity.

**During Exercise:** Athletes should drink 10 oz of fluid for every 20 minutes of exercise, up to 40 oz of fluids per hour of exercise. Consuming drinks with carbohydrates, protein and electrolytes is suggested if exercising for more than 1 hour.

**After Exercise:** Athletes should drink 20 oz of water or sports drink (depending in exercise duration described above) within 2 hours after completing the activity.

### **Help hydration and performance by staying cool:**

- Wearing light-colored, wicking fabric is helpful to reduce your body temperature during exercise.

### **Avoiding heat stroke**

Heat stroke is a life-threatening condition that can develop from intense exercise in the heat, where your body temperature is raised to the point that it cannot cool itself. This may cause damage to your brain and internal organs. It is a progression of two other heat-related illnesses: heat cramps and heat exhaustion. If you get muscle cramps, feel lightheaded, dizzy or overheated during exercise, these are signs your body is overheating. It is important to seek a cool area and rest. Drink cool liquids to help you recover. Common symptoms of heat stroke include high body temperature with lack of sweating, confusion, hallucinations, and rapid pulse. These require immediate medical attention.

Consult with your Providence Athletic Trainer for questions or more information.