

# TRAINING TIP OF THE WEEK

## Hydration Status Affects Athletic Performance

- 2 hours prior to competition, drink 3 ml. of fluid per lb. body weight with a small salty snack.
- During competition, goal is not to lose more than 2% of total body weight. Performance decreases after this point.
- After exercise, fully replace fluid deficit with 24 oz. of fluid per lb. of body weight lost.
- A sport drink with approximately 6% carbohydrate plus electrolytes is best tolerated and most easily absorbed by the body during exercise.

**[www.AthleticareSportsMed.com](http://www.AthleticareSportsMed.com) is a great resource for all of your sports medicine questions**

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