

FITNESS HANDOUT

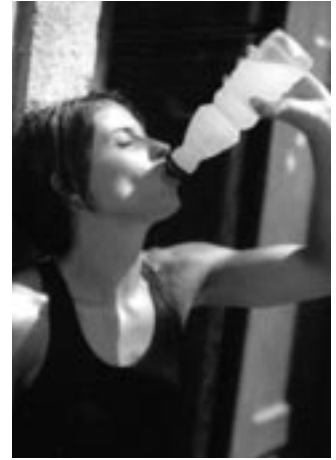
BY DIXIE STANFORTH, MS

INCREASE YOUR KNOWLEDGE OF HYDRATION

We've all experienced it at some point while working out — fatigue sets in, your mouth feels dry, and your legs feel like lead. These are all common signs of **dehydration**. Although everybody knows how important it is to drink, when we consume plain water the taste tends to be just that — plain — often making it extremely hard to drink enough to stay properly hydrated. According to one national survey, almost **half** of all fitness enthusiasts noted the reason they don't drink enough water is that they get bored with the taste of plain water.¹

* In fact, research shows that ***exercisers tend to replenish only about 50% of the fluids they lose during a workout when they drink plain water.***²

The good news is that you can easily avoid dehydration, which will help ensure a better workout. Here are some easy tips and guidelines for drinking up:



SIGNS OF DEHYDRATION

■ Thirst ■ Fatigue ■ Nausea ■ Light-headedness ■ Dark Urine

DID YOU KNOW:

- Dehydration can make your workout “feel” harder.
- By the time active people become thirsty, they are already dehydrated.
- As little as 2% dehydration can cause a drop in endurance.³
- Exercisers who drink fluid may last up to 33% longer per session than exercisers who don't drink anything.⁴
- Beverages containing caffeine can interfere with rehydration by increasing fluid loss as urine.⁵



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TIPS TO HELP YOU STAY HYDRATED

- **Think of fluids as essential equipment for your workout.** Always pack a bottle of fluid to bring to your workout just as you would pack a walkman or sweat towel.
- **Incorporate fluid breaks into your routine.** It's important to drink on schedule and not just when you feel thirsty. Make it a goal to drink in between training intervals or at set increments throughout your workout (i.e. every 10 minutes).
- **Drink a beverage that has flavor.** Research shows that people will drink more of a lightly flavored beverage than plain water.⁶ A lightly flavored, low-calorie water such as Propel Fitness Water helps active people stay better hydrated than plain water and get more from their workouts.
- **Gauge the amount of fluid you consume by “gulps.”** One “gulp” usually equals about one ounce. A good rule of thumb is to drink 6 - 7 gulps every 15 minutes of exercise.
- **What you drink today will help prepare you for tomorrow's workout.** Make hydration part of your lifestyle by drinking first thing in the morning and last thing at night.
- **For more information on exercise science or hydration, visit www.propelwater.com or the Gatorade Sports Science Institute at www.gssiweb.com.**

¹ Survey conducted on behalf of the University of Texas at Austin and Propel Fitness Water by MarketFacts Telenation.

² Iuliano, S et al. *Int J Sports Nutr* 8:10-23, 1998.

³ Perspectives in Exercise Science and Sports Medicine, Vol 3, 1990, p. 15.

⁴ Fallowfield, JL et al. *J Sports Sci* 14:497-502, 1996.

⁵ Gonzalez-Alonso, J et al. *Int J Sports Med* 13:399-406, 1992.

⁶ Wilk, B and O. Bar-Or. *J. Appl. Physiol.* 80:1112-1117, 1996.