

ARE YOU HYDRATED?

CHECK YOUR URINE COLOUR

REASONS FOR DEHYDRATION

NOT BEING HYDRATED
BEFORE EXERCISE
NOT REPLACING FLUID LOST
THROUGH SWEATING

DEHYDRATION REDUCES PERFORMANCE

DEHYDRATION INCREASES
PHYSIOLOGICAL STRAIN
THE GREATER THE LEVEL OF
DEHYDRATION THE MORE
DIFFICULT EXERCISE
BECOMES

HOW TO STAY HYDRATED

MONITOR URINE COLOUR
DRINK WATER THROUGHOUT
THE DAY
DRINKING SMALL AMOUNTS
FREQUENTLY IS BETTER THAN
LARGE AMOUNTS INFREQUENTLY

		URINE OSMOLALITY
1	WELL-HYDRATED	< 400
2	WELL-HYDRATED	
3	HYDRATED	400 – 700
4	HYDRATED	
5	DEHYDRATED	700 – 1000
6	DEHYDRATED	
7	SEVERELY DEHYDRATED	> 1000
8	SEVERELY DEHYDRATED	