



Hydration: Seasonal Changes Do Affect Needs

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We've made that yearly cycle in Texas and we're headed back into those months where we can actually get back outside for our training. Going into last summer, Nutriworks discussed popular electrolyte replacement drinks, their concentrations, and ingredients. Even though these are just as important, we can't forget about good ol' water as a means of hydration.

If you're like a lot of Texans (fair weathered athletes), then your body just might not be used to the outdoor climate right now. When you change from indoor training to outdoor training, your body's hydration needs will also change. It takes a few weeks for your body to adapt to the outdoor climate and develop a good water/electrolyte balance.

When you take your training back outside (not sure how fast that will happen since I'm watching it snow right now,) make sure you:

- 1) Allow yourself slightly more fluids than you're used to.
- 2) Calculate your sweat rate for the different seasons. This will make certain that you're consuming enough fluids.
- 3) Get the right mix of plain water and/or electrolyte replacement drink based on your calorie needs per training hour.

There have recently been a few media bursts about over consumption of water leaving many athletes questioning whether they're already getting enough. This concern arose out of a few professional athletes experiencing the side effects of this (in which the worse case is death.) If this idea worries you, remember that in most cases we, as athletes, are dehydrated, not over hydrated. Note that just a 2% decrease in body weight while exercising/training is the result of dehydration and can hinder your training. That's only 3 pounds for a 150-pound athlete. The bottom line: Learn your fluid needs and stick to them.