

Hydration Nation

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Water is life and our hydration is important. In order to stay as hydrated as possible, the average person should drink about 8 to 10 cups (about 64 to 80 ounces) of water per day. When working out and sweating more, one will need to consume more water to maintain that optimal hydration status.

To find out how much you sweat and how much additional water you need to consume, try taking a sweat test. Here's what to do: weigh yourself (naked) prior to a regular 45-60 minute workout. Once you weigh yourself, do not consume any fluids or food. Enjoy your workout. Sweat it out. After the workout (still no fluids in there), weigh yourself again (naked) and see how much weight you've lost. For every pound of weight lost during the workout, you will need to drink an extra 2 cups of water (about 16 to 20 ounces).

Here's an example: Pre-workout weight with no clothes is 150 pounds. No fluids consumed during workout. Post-workout weight with no clothes is 149 pounds. The person lost 1 pound of weight from water loss during the workout. Therefore, the person needs to drink an extra 2 cups of water in addition to the regular daily 8 cups.

For the average person who does regular hour long workouts, water is fine for consumption and hydration. No extra gimmicks are needed.

Sure, coconut water tastes good, but it is not necessary and is an added expense and added calories. Also, when we sweat, we lose sodium. Coconut water is concentrated with potassium which is important, but it does not have a big amount of sodium, so it will not fulfill your sodium needs after a lot of sweat loss.

Sports drinks and electrolyte drinks are recommended during workouts that last for 90 minutes or more. Sports drinks do provide people with the carbohydrates and electrolytes necessary to adequately fuel and re-hydrate during those longer, endurance types of training.

For the person enjoying the hour spin class or 45-minute run, keep that water handy and save the sports drinks for those 90+ minute workouts.

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