

# Dehydration



## What is dehydration?

Water is a critical element of the body, and adequate hydration is a must to allow the body to function. Up to 75% of the body's weight is made up of water.

Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. The body is very dynamic and always changing. This is especially true with water in the body.

The body tries to stay around a temperature of 37 degrees by sweating. The body loses water and important blood salts like potassium when it sweats.

Mild to moderate symptoms of dehydration are:

- Thirst
- Dry lips and a dry mouth,
- Dizziness or light headedness
- Headache
- Tiredness
- Dark, concentrated urine
- Passing only small amounts of urine infrequently (fewer than three or four times a day)
- Loss of strength and stamina



A more serious form of dehydration occurs if you have blue lips, a weak pulse, quick breathing and confusion.

## What should I drink?

Isotonic drinks are the best. Isotonic drinks contain between 6-8 grams of carbohydrates in every 100ml. They also contain salt which allows the body to use the fluid efficiently.

Water is the most popular form of fluid because it is cheap and accessible. It also is very effective.

Some drinks such as cola, lemonade and high energy drinks often contain over 10 or more grams per 100ml. These kinds of drinks stop the body being able to use the fluid because they take so long to absorb.

The best drinks when you are not training are water, fruit juices and squashes.

You should start drinking early on a class day, with two hours to go until the class starts, drink up to 600ml of fluid, then, with 15 minutes to go before the start of class drink around 500ml of fluid.

If possible, aim for 200-250ml at class break.

After the class, try and drink immediately. This will ensure you do not dehydrate.

## Quick Hydration Check

Mouth

Check urine colour

Check weight before and after class

### Hydrated - Good

Moist

Clear/Pale

Small or no weight loss

### Dehydrated - Bad

Dry, tongue swollen

Concentrated/Dark

Major weight loss

Advice: Drink more water if you fail any of these checks

★★★★Do not wait for the symptoms: please keep yourselves hydrated★★★★