



The Importance of Water While Exercising

What happens without water?

If you do not drink enough water, you dehydrate. Dehydration can lead to a decrease in physical activity performance and may adversely affect your health.

What are the signs of dehydration?

- Thirst
- Chills
- Clammy skin
- Elevated heart rate
- Nausea
- Headache
- Dizziness
- Shortness of breath
- Dry mouth

What can dehydration lead to?

- Heat exhaustion
- Heat stroke
- Muscle cramping/fatigue
- Breakdown of skeletal muscle

How much water should I drink?

Remember it is important to drink water before, during, and after exercise. Exact amounts of water needed will vary from individual to individual (gender, exercise environment, type of exercise, and intensity of exercise are all factors).

- **Before:** 17-20 oz. of water at least 2 hours prior to exercise
- **During:** 7-10 oz. of water for every 10-20 minutes of exercise
- **After:** 16-24 oz. of water for each pound lost due to sweating.

What does water do for you?

- 60% of your total body weight is water
- 75% of your muscles is water
- Assists in the regulation of internal body temperature
- Protects and cushions vital organs
- Aids the digestive system

How you can prevent dehydration?

- Don't wait until you are thirsty! Thirst is an early sign of dehydration and if you wait until you are thirsty, you have already begun to dehydrate.
- Drink water **before, during, and after** exercise.
- Dress for the environment.
 - During the warm months exercise at the coolest time of the day - early morning or late evening, and wear the lightest clothing that you can (lightweight t-shirts, shorts, low-cut socks).
 - During the cold months, wear several layers of clothing so that you can remove layers as you begin to sweat.
- Avoid working out in plastic or rubber suits.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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Author: MHealthy Physical Activity Program
Reviewer: Erica Wald
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