

CALCULATE YOUR SWEAT RATE

Water is the most important nutrient. If your body weight drops just 1% (1.5 pounds in a 150-pound athlete) from losing fluids, your performance will suffer. Individuals exercising in warm, humid environments must pay special attention to fluid intake. Be sure to replace the fluids you lose through sweat when you are active. How much fluid are you losing in one hour of exercise? Take this test to find out.

THE TEST

1. Weigh yourself nude right before exercise. This is your pre-exercise weight.
2. Exercise for one hour keeping track of how much you drink (in ounces) during exercise.
3. At completion of exercise, strip down, towel off any sweat and weigh yourself nude again.
4. Subtract your weight from your pre-exercise weight and convert to ounces. (That is, multiply by 16.) Then add to that number, the ounces of liquid you drank during exercise. (For example: if you lost a pound and drank 16 ounces of fluid, your total fluid loss is 32 ounces.)
5. To determine how much you should be drinking every 15 minutes during exercise, divide your hourly fluid loss by 4. (In the above example it would be 8 ounces.)
6. Because the test only determines your sweat loss for the environmental conditions you exercised in that day, you should retest on another day when conditions are different to see how the sweat rate is affected.

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