

AMERICAN MEDICAL ATHLETIC ASSOCIATION’S FLUID RECOMMENDATIONS

Heat illness kills an average of 318 Americans every year¹ and puts hundreds more in the hospital, yet it is also one of the most preventable injuries. The first line of defense is to prevent dehydration by drinking plenty of fluids. Research shows that most people don’t drink enough to stay properly hydrated especially when drinking plain water. The American Medical Athletic Association (AMAA) recommends the following tips to stay safe in the heat:

Fluid Recommendations²

When to drink: Drink before you get thirsty. By the time you’re thirsty you are already dehydrated, so it’s important to drink at regular intervals – especially when it is hot outside.

	Adults	Children
Before Activity:	<ul style="list-style-type: none"> • Drink 17 to 20 ounces of fluid* 	<ul style="list-style-type: none"> • Drink 4 to 8 ounces of fluid*
During Activity:	<ul style="list-style-type: none"> • Drink 7 to 10 ounces every 10 to 20 minutes 	<ul style="list-style-type: none"> • Drink 5 to 9 ounces every 20 minutes
After Activity	<ul style="list-style-type: none"> • Drink 24 ounces of fluid (within the first two hours following activity) <p><i>*One adult-size gulp=1 ounce of fluid</i></p>	<ul style="list-style-type: none"> • Weight loss occurs if drinking isn’t adequate during activity. To make up for fluid loss, drink about 12 ounces for every 1/2 pound of weight loss <p><i>*One kid-size gulp=1/2 ounce of fluid</i></p>

What to drink: Research shows that a lightly flavored beverage with a small amount of sodium encourages people to drink enough to stay hydrated³. The combination of flavor and electrolytes in a sports drink like Gatorade provides one of the best choices to help you stay properly hydrated.^{4, 5}

What not to drink: During activity, avoid drinks with caffeine, high sugar content, alcohol or carbonation because:

- Caffeine and alcohol can dehydrate the body.
- Fruit juices or soft drinks are high in sugar that slows fluid absorption by the body.
- Carbonation can cause throat burn or promote an upset stomach, if you’re active.

Additional Hot Weather Tips

- Pouring water over your head may feel good, but it’s not an effective way to cool down. Make sure you put fluids into your body.
- Wear light-colored, loose-fitting clothing.
- Remember to bring fluids with you to activities because they may not be readily available.
- Take a break in the shade whenever possible.
- Know the warning signs of dehydration:
 - Dry lips and tongue
 - Weakness, dizziness or exhaustion
 - Nausea
 - Headache
 - Dark colored, concentrated urine
 - Muscle cramping
- If a person exposed to heat stress becomes disoriented or unconscious, seek immediate medical help.
- For more information, visit: www.amaasportsmed.org

¹ Centers for Disease Control and Prevention—based on heat-related deaths from 1979 – 1996

² Adapted from Amer. Academy of Pediatrics, *Pediatrics* 106:158-159, 2000, Meyer, F. and O.Bar-Or. *Sports Med* 18: 4-9, 1994, and National Athletic Trainer’s Association Position Statement: Fluid Replacement for Athletes, *J Athletic Training* 35(2):212-224, 2000

³ Wilk, B. and Bar-Or, O. *J Appl Physiol*, 80:1112-1117, 1996

⁴ Gonzalez-Alonso et al. *Int J of Sport Med* 13:399-406, 1992

⁵ Passe, D. et al. *Med Sci Sports Exerc*, 31:S322, 1999