

**Working and Playing in the Heat**  
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**When working or playing, particularly in the heat, it is important to know how to keep yourself properly hydrated.**

**You should weigh yourself before and after strenuous activities. 1 pound of weight loss equals 16 ounces of fluid loss.**

**The Gatorade website recommends you drink 17-20 ounces of Gatorade 1 or more hours before an exercise, training, or competitive session, and another 7-10 ounces immediately before initiating the activity.**

**During activity it is recommended you drink 28-40 ounces, or 7-10 ounces every 10-15 minutes, during every hour of exercise.**

**After activity you should drink 20 ounces for every pound of weight lost.**

**You can go to [www.gatorade.com/hydration/fluid\\_loss\\_calculator/](http://www.gatorade.com/hydration/fluid_loss_calculator/) and calculate exactly how much Gatorade you should be ingesting before, during and after practice, based on the level of activity, the duration of the activity, your weight and the temperature.**

**What Are The Signs and Symptoms of Dehydration?**

**Dry mucous membranes, thirst, poor skin turgor and urine becoming concentrated. You can check your skin turgor by pinching your skin on your arm, if the skin remains tented after you release this shows that you are experiencing poor skin turgor. When urine is concentrated it is darker in color.**

**Remember that drinking water alone when you are sweating excessively can lead to hyponatremia. You must replace the electrolytes that you are sweating out of your system.**

**Information for this article was obtained from Gatorade at [www.gatorade.com](http://www.gatorade.com).**