



## USTA Sport Science Committee

### Am I Hydrated?

Monitor your hydration based on your urine color

#### Urine Color Chart

May Be Overhydrated	See Health Care Provider/Dietician
Hydrated	
Hydrated	
May be Dehydrated	Increase Hydration
Dehydrated (Performance begins to drop)	
Very Dehydrated	See Health Care Provider/Dietician

\*Note: Some foods, medication and supplements (B vitamins) can change urine color.

**Dehydration can impair performance, especially in the heat, so stay hydrated!**



## How to Stay Hydrated!

When to drink...	How much to drink...
~4 hours before tennis play	Drink ~16 to 20 oz.
~2 hours before tennis play if urine is dark or in hot/humid conditions	Drink ~ 8– 12 oz.
10 to 15 minutes before tennis play	Drink ~ 8-12 oz.
During tennis play	Drink ~ 16-32 oz. per hour or according to sweat rate & urine color
After tennis play	Drink to replace sweat loss (24 oz./lb. lost)
Throughout the day	Drink regularly throughout the day.

American College of Sports Medicine Position Paper on Fluid Replacement during Exercise, 2007

\*\* Plan on drinking between 100-135 oz. during days of tennis competition as a minimum base. Actual amounts differ based on body size, sex, sweat rates, etc.

\* Over drinking water above these guidelines can lead to hyponatremia, low blood sodium, which can cause health complications. A completely clear urine color may be an indicator that you are drinking too much.

For individualized guidelines regarding fluid replacement and the use of water & sport drinks consult with your health care provider/ sport dietitian.

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