

# How Much Water Should I Be Drinking?

Learn How to Best Hydrate to Feel Your Best Every Time You Clip In!

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8 glasses? A gallon? 3 liters? How much water should I *really* be drinking? Ideal water intake depends on many factors such as age, environment, gender, health issues, and activity level.

## How Much Water?

A 150lbs person who is moderately active is recommended to drink 3 liters of water per day. A 200lbs person with similar habits is recommended to drink around 3.7 liters per day.

The American Dietetic Association suggests drinking 14-22oz of water 2 hours before exercise, 6-12oz every 15 minutes during exercise and 16-24oz of water for every lb of water weight lost during exercise.

\*if exercising for longer than 1 hour, it may be necessary to replace electrolytes with a sports drink

## Exercise in the Elements

Humidity inhibits the rate at which sweat evaporates therefore heating the body more than in non-humid environments. Clothing also inhibits sweat evaporation and therefore it is ideal to wear clothes that are sweat wicking and that leave the skin exposed to the air as much as possible.

In cold climates, we often neglect hydration needs compared to when exercising in the heat. With extra layers of clothing, sweat evaporation is decreased. In addition, cold weather has been shown to decrease the thirst sensation in addition to drawing more water out via respiration from dry air.

Dehydration symptoms include feeling thirsty, dizzy or lightheaded, dark urine, and dry mouth, lips and eyes. It is important to note that a person may be dehydrated and not experience some/all of these symptoms.

## What Counts Towards Water Intake?

Fluids from almost all foods and beverages count towards water goals. Many fruits and veggies have a high concentration of water and can help you hit your water goal.

Watermelon and spinach are both 92% water, grapefruit and broccoli are both 90% water. Other hydrating foods include blueberries, avocado, potato, and roasted chicken.

Contrary to popular belief, caffeinated beverages do not contribute to dehydration in most cases when a person consumes less than 500-600mg of caffeine per day.

Via [NASM.org](http://NASM.org)

