

**Nutrition / Hydration to Prevent Heat Illness:  
How to Minimize Dehydration Through Nutrition**

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**Key Points of Presentation:**

This presentation will review how nutrition strategies can minimize and prevent dehydration in athletes.

1. How dehydration affects performance
2. Pre activity hydration and fuel guidelines
3. During activity hydration and fuel guidelines
4. Post activity hydration and fuel guidelines
5. Best fuel for athletes to rehydrate
6. Hydration testing
  - Pre and post body weights
  - Urine color
  - Urine specific gravity
7. How to put evidences based science into practice
8. Unique situations – pool, cold, lack of desire to drink, etc.

**Presentation Objectives:**

1. List ways dehydration affects performance, as well as, give fluid and fuel recommendations for athletes before activity, during and post activity. (Knowledge)
2. Determine appropriate recommendations for various athlete populations. (Analysis)
3. Develop strategies for implementing evidence-based policies in your work setting to prevent dehydration. (Synthesis)
4. Differentiate between different methods of evaluating hydration status (Evaluation)
5. Develop easy to use best practices for their athlete population to help ensure fluid and electrolyte needs are met. (Apply)