



PELOTONIA

HEAT AND HYDRATION

HEAT CRAMPS

SYMPTOMS

- Muscle Cramps

TREATMENT

- Increase fluid sports drink
 - Remove from heat
 - Stretch
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HEAT EXHAUSTION

SYMPTOMS

- Most common among physically active individuals
- Hard to keep pedaling, weak, rapid pulse, low bp, headache, nausea, sweating, confusion

TREATMENT

- Remove from heat—Cool with fans, wet towels, etc.
 - Raise feet above heart
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HEAT STROKE

SYMPTOMS

- Failure of heat triggering mechanisms
- Yes and no sweating, hot, dry skin, seizure, confusion, diarrhea
- Potential organ shutdown

TREATMENT

- Immediate medical attention
 - Activate EMS
 - Keep cool while awaiting EMS
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HYPONATREMIA

SYMPTOMS

- > 9.5L = Hyponatremia, significant dilation of the body's normal sodium concentration
- Headache, blurred vision, excessive sweating, vomiting, swelling of extremities

TREATMENT

- Activate EMS
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WATER FACTS

- 76% of the brain is water
- 90% of the lungs are water
- 4–6% loss of body weight after exercise reduces ability to dissipate heat
- Athletes normally only replace 30–70% of sweat loss
- 24 hours after an injury is the most important time for hydration
- Alcohol and caffeine dehydrate

WATER REQUIREMENT IN EXERCISE

- Factors that determine water loss
 - » Severity of physical activity
 - » Environment and temperature
 - » Humidity (greater humidity, less evaporation)
- Sweating is the single most effective way to lower body temperature

BEFORE ACTIVITY

- 400–600ml (17–20 floz) 2–3 hours prior
- 200–300ml (7–10 floz) 10–20 minutes prior
- Drink to a plan rather than thirst

DURING ACTIVITY

- 200–300ml (7–10 floz) every 10–20 minutes
- A well hydrated athlete always functions at higher physiological and performance levels
- Electrolyte replacement is beneficial to help replenish water loss and prevent cramping

AFTER ACTIVITY

- Drink 1L for every 1lb of body weight lost
 - Thirst should not be your only indicator to ingest liquids
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TAKE HOME MESSAGES

HYDRATION

- Do not rely solely on the thirst mechanism—have a plan
- Pre-activity: 400–600ml (17–20 floz) 2–3 hours prior
- During activity: 200–300ml (7–10 floz) every 10–20 minutes
- After activity: Drink 1L for every 1lb of body weight lost