

Water Needs During Varying Levels of Exercise

A significant amount of water loss occurs through skin and breathing during exercise. The amount lost depends on the intensity of the training.

Moderate exercise. Moderate exercise for 1 hour such as slow bike riding, brisk walking, and slow run lasting one hour require replenishing by 1-1.5 liters of plain drinking water.

Strenuous exercise (competitive sports such as soccer, football, tennis, fast running, etc.) or hard work outdoors --Keeping good water and electrolyte balance requires to 1-2 liter of electrolyte water before the activity. During activity period, drink 250-300 milliliters (one medium glass) every 10-20 minutes to a total of one liter/hour of electrolyte water. Most sports drinks available in the market are high in sugar. A 32-ounce (about one-liter bottle) commercial sports drink has 50-75 gm or 10-15 teaspoons of sugar. One can make a tasty, healthy sports drink at home with natural ingredients, which is low in sugar and has a healthy mix of electrolytes.