



Getting you to the Finish Line: Dehydrated? Try “WUT.”

Sue Reynolds Reed, MS, LAT

Athletic Trainer

Aurora Sports Health

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REMINDER: To reduce coronavirus exposure, get vaccinated, practice social distancing by maintaining at least six feet between yourself and others, wash your hands often, and wear a facemask. To learn more, visit the Advocate Aurora Health COVID-19 Resource Center: www.aah.org/COVID-19

Nothing says winter is over like a good hard run with a sweat soaked shirt. That post-run “souvenir” should also remind you of the importance to rehydrate before your next run. Is there an easy way to monitor your hydration status to ensure that your body is ready to run again safely?

You could review various studies that look at dehydration levels, effects of dehydration on performance as well as rehydration strategies, but you don’t need to “sweat” it to get it under control. Simple think **“WUT.”**

“WUT” is the acronym for **W**eight, **U**rine and **T**hirst – three easy ways to assess your hydration level. What does each factor tell us?

Weight: Weigh yourself in the nude before and after a run to assess the percentage of weight lost. The goal is to return to your pre-run weight before your next run -- *even a 1% loss is associated with a decrease in performance.*

For example, a pre-run weight of 180 pounds followed by a post-run weight of 176 pounds equals a 2.2% weight loss (4 pounds). It might not appear to be a great deal of difference, but it’s enough to be a concern.

Urine: Monitoring your urine output is an option, however, a faster method is to check the color of your urine -- the darker yellow the urine, the more dehydrated you are. The best visual is to maintain a color that is no darker than lemonade, but be aware that the color will be more diluted in the toilet.

Thirst: If you are thirsty, you are already dehydrated. Think of thirst as the emergency warning system of dehydration – you need to drink to preempt any sense of thirst.

Knowing that a minimal level of dehydration can affect performance, using **“WUT”** principles can ensure that your next one is another great run.

Is running is causing you pain? Aurora Sports Health is here for you with Free Injury Evaluations. And, if physical therapy is recommended, Direct Access scheduling allows you to start treatment and begin feeling better right away – check with your insurance provider to confirm Direct Access coverage. To schedule a Free Injury Evaluation, visit: aurora.org/FreeInjuryEval or scan the QR code.



References:

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