



Importance of Hydration

Nothing affects your performance or your health more than hydration, yet even a 40- minute Spinning ride can leave you dangerously dehydrated, threatening your health, as well as ruining your training session. Hydration is a crucial factor in your ability to sweat and maintain a stable body temperature, pump blood to your working muscles, metabolize stored fat, and rid your body of toxins that accumulate during exercise. Proper hydration also keeps your skin moist to protect it against bacteria, viruses and premature aging.

A good rule of thumb is to drink half of your body weight in ounces of water every day. If you exercise, you need to drink that amount plus 40- ounces in conjunction with a Spinning ride. This means plain water or properly mixed energy drink only. Caffeine and alcohol, although they are liquid, have a diuretic effect and can actually dehydrate you. Sweetened fruit juices and sodas do not adequately contribute to hydration during exercise due to their excessive sugar content.

Chances are you don't drink anywhere near half your bodyweight in ounces of water daily (and that's if you are not exercising). Studies show that 75% of Americans are chronically dehydrated! As a Spinning instructor who influences the training and lifestyle habits of your students, you don't want to be on the wrong side of this statistic.

Drink "40 for 40" During Spinning Sessions

For a 40- minute Spinning program ride, you should drink at least 40 ounces of fluid. Drink at least eight ounces before you begin and again after you finish. You should drink 24-32 ounces for every hour that you exercise. Remember that thirst is NOT an indicator of hydration levels. By the time your thirst mechanism kicks in, you are already dehydrated.

An energy drink that is 7 % carbohydrate or less provides the same hydration benefits as plain water, along with additional performance benefits. Most juices, sodas and commercial sports drinks have a sugar content that exceeds 7 %. This delays gastric emptying and makes them ineffective hydration sources.

Follow these guidelines to ensure that you are drinking enough water:

Clear Urine: Your urine should be nearly clear when you are optimally hydrated

Weight before and after exercise: You should weigh the same, indicating you drank what you lost in sweat. Remember, losing weight during exercise is just temporary water loss and will inhibit fat burning in the hours after exercise, which is the way to permanently lose weight.