TAKE THE SWEAT TEST!

Losing weight between the start and finish of your workout isn't just a sign of a great sweat session. It may be a sign of dehydration. Follow these steps to measure how much fluid you've lost during your run.

STEP 1

Before your workout, use the restroom and then weigh yourself without shoes or clothes weighing you down.

STEP 2

Run! Keep track of how much fluid you sip during your workout.

PRO TIP: Your bottle should say how much it holds.
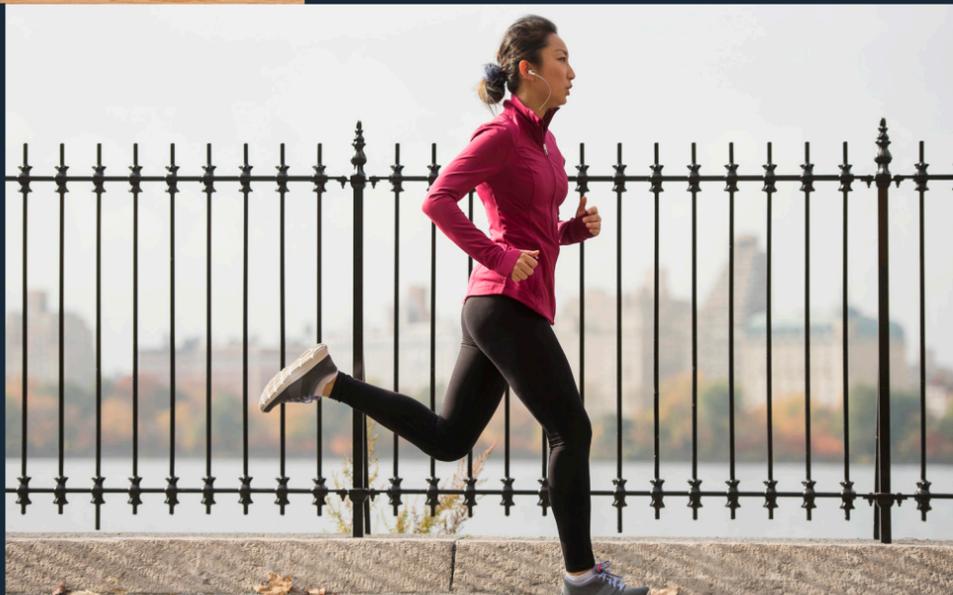
STEP 3

After your run, but before chugging more sports beverage, empty your bladder and then weigh yourself. Again, do not wear shoes or clothes. (They may be saturated with sweat and extra heavy.)

STEP 4

Calculate your fluid losses. If you weighed 180 pounds before your run, but weigh 178.2 pounds after, that means you lost 1.8 pounds, or 1 percent, of your body weight in water.

1 POUND

1 POUND EQUALS 16 OUNCES OF WATER LOST.

2 PERCENT

LOSING 2 PERCENT OR MORE OF YOUR BODY WEIGHT IN WATER SIGNALS DEHYDRATION.

STEP 5

Check your urine. Then, hydrate! If you're dehydrated after a run, your urine may be amber (the color of apple juice). To rehydrate, drink water and liquids with electrolytes for a few hours, until your urine appears pale yellow (a sign of optimal hydration). If your sweat test shows you're depleted, drink 1.5 times the fluid you've lost.

COLOR OF GOOD HYDRATION

Urine is the color of lemonade
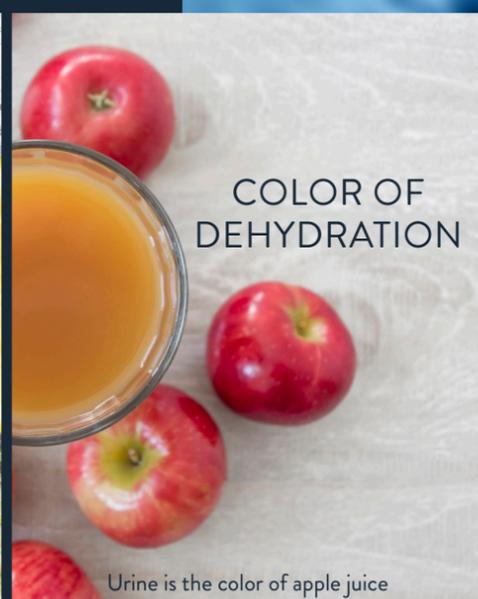
COLOR OF DEHYDRATION

Urine is the color of apple juice