

**Mayo Clinic Minute: Drink to thirst**

VIDEO	AUDIO
<b>Sara Filmalter, M.D.</b> <b>Family Medicine</b> <b>Mayo Clinic</b>	“You can become dehydrated if you take in too little. And you can actually cause problems, such as exercise-induced low sodium or hyponatremia, if you take in too much. So the general rule of thumb at this point among physicians is drink to thirst.”
	Rather than planning out arbitrary amounts of fluids during your workout, your body is the best indicator when you need to be hydrated. Drink when you’re thirsty.
	“I typically recommend that they consume about half their fluids in water and half their fluids in a beverage that contains electrolytes without an enormous amount of sugar.”
	When you sweat, your body is losing fluid, along with those electrolytes, such as sodium and chloride.
	“The purpose of rehydrating is using water or, even better, those electrolyte-containing beverages to pull fluid back into our system and rehydrate so our organs are happy.”
	So during that next workout, remember to drink to thirst and hydrate your body with sports beverages and good old H <sub>2</sub> O.
	For the Mayo Clinic News Network, I’m Jason Howland.