



SWEAT NORMATIVE DATA FOR ADOLESCENT ATHLETES

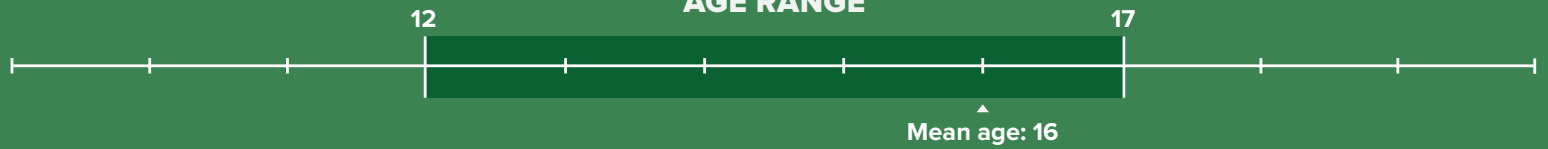
DEMOGRAPHICS

345

Sweat tests completed

Australian Football League, American Football, Baseball, Basketball, Lacrosse, Running, Soccer, Tennis, Track & Field, Volleyball

AGE RANGE



OF THE TESTS COMPLETED

254

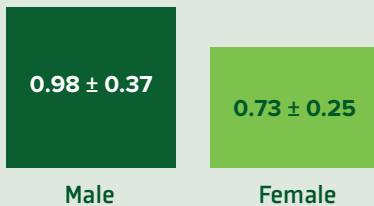
Male

91

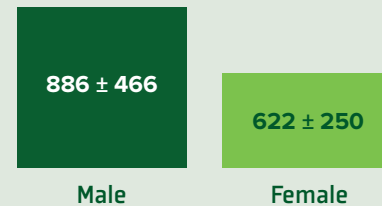
Female

BREAKDOWN OF WHOLE BODY SWEAT RATE (WBSR) AND SWEAT SODIUM LOSS BETWEEN MALES/FEMALES

WBSR (L/h)¹



Sweat Sodium Loss (mg/h)¹



On average, boys have 34% higher WBSR than girls¹ [and higher sodium loss, as a result]

WBSR (L/h)¹ Male and Female



IT'S IMPORTANT TO ASSESS INDIVIDUAL SWEAT LOSS IN ORDER TO CREATE A MORE ACCURATE HYDRATION STRATEGY FOR YOUTH ATHLETES. [CLICK HERE](#) TO ACCESS GSSI'S ONLINE FLUID LOSS CALCULATOR.

¹Baker LB et al. (2022) Explaining variation in sweat sodium concentration: effects of individual characteristics and exercise, environmental and dietary factors. J Appl Physiol. 133:1250-1259.

