RISE UP FITNESS
Member resource

NO. 10 · RECOVERY

Hydration, sleep & recovery

Your daily water target, a two-second hydration check, and the habits that help you recover between classes.

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CLASS TIMES
Mon–Fri 9am–7pm · Sat 12pm

FRONT DESK
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VISIT
343 Bloor Street West, Unit 1R, Oshawa

HYDRATION

Your daily water target

Losing just 2% of your body weight in water measurably lowers strength and focus. Start with half your body weight in ounces, then add for class and heat.

BODY WEIGHT	REST DAY	CLASS DAY (1 HOUR)	HOT DAY + CLASS
130 lb	65 oz (1.9 L)	81 oz (2.4 L)	97 oz (2.9 L)
150 lb	75 oz (2.2 L)	91 oz (2.7 L)	107 oz (3.2 L)
170 lb	85 oz (2.5 L)	101 oz (3.0 L)	117 oz (3.5 L)
190 lb	95 oz (2.8 L)	111 oz (3.3 L)	127 oz (3.8 L)
210 lb	105 oz (3.1 L)	121 oz (3.6 L)	137 oz (4.1 L)
230 lb	115 oz (3.4 L)	131 oz (3.9 L)	147 oz (4.3 L)

The color check

The easiest hydration test you have. Pale straw is the goal.



Clear	Pale straw	Light yellow	Yellow	Dark yellow	Amber	Honey	Brown
Ease off a little	The goal	Hydrated	Top up soon	Drink 1–2 glasses	Drink 2 glasses now	Rest and rehydrate	See a doctor

Make it automatic

- Drink 16 oz when you wake up
- One glass before every meal
- Bring a full bottle to every class

When to add electrolytes

- Sessions longer than 60 minutes
- Heavy sweating or hot weather
- An electrolyte drink or a pinch of salt in water

SLEEP

You get fitter while you rest

Class is the signal. Sleep, food and rest days are when your body actually rebuilds stronger. Aim for 7 to 9 hours.

Same wake-up time every day

Weekends included. It sets your body clock more than your bedtime does.

Caffeine cut-off: 8 hours before bed

For a 10:30 pm bedtime, that's 2:30 pm, pre-workout included.

Cool, dark, quiet room

Around 60–67°F (16–19°C). Blackout curtains or an eye mask.

Evening class?

Have a protein snack afterwards and give yourself an hour to wind down before bed.

Go hard today? A 10-second check

SCORE YOURSELF	0	1	2
Sleep last night	Under 6 h	6–7 h	7 h or more
Soreness	Very sore	A little	None
Energy	Low	Okay	Good

5–6 POINTS

Go for it

Push the workout as written.

3–4 POINTS

Come, but scale

Lighter weights, steady pace. Tell your coach.

0–2 POINTS

Active rest

Walk 20–30 minutes, stretch, sleep early.

On rest days

Walk 20–30 minutes, stretch or foam roll for 10, and keep your protein high. Take 1 to 2 full rest days a week.

Sore after class?

Normal soreness peaks 24 to 72 hours after training. Light movement clears it faster than lying still.