

Winning with Hydration

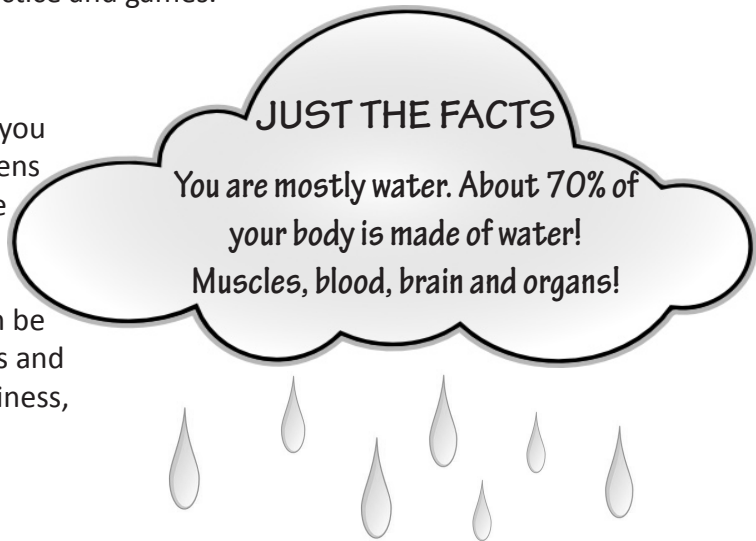
Drink Up!



Hydrating your body is key to athletic success! When your brain and muscles do not have enough water, you can't think clearly, you lose endurance and strength, and your performance goes down the drain! Drink water, eat fluid filled foods like fruit and soups, and aim to minimize fluid loss during practice and games.

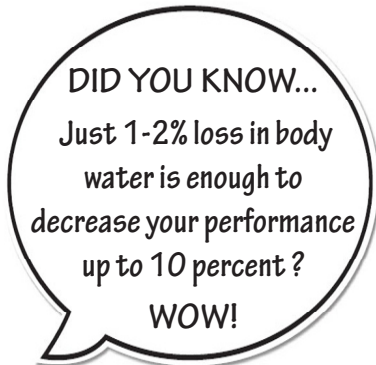
Sweat it Out

Sweating is your body's way of keeping cool. Sometimes you don't see sweat, like when you swim. But sweating happens whenever your body heats up. When you sweat, you lose water and electrolytes. Replacing water and electrolytes takes planning. Without a plan, moderate to severe dehydration can occur. Dehydration is dangerous and can be deadly. When you're severely dehydrated, sweating stops and your body overheats. The result: fatigue, weakness, dizziness, or worse. Every year deaths in young healthy athletes are linked to severe dehydration.



Pay Attention to Your Thirst

Listen to your body, but do not rely on thirst as your only reminder. You need to drink before you're thirsty and keep drinking when you no longer feel thirsty. Thirst is a good reminder but during intense matches we often forget to listen to our body's thirst reminder. Have a hydration plan that includes reminders from coaches and teammates, as well as a hydration bottle full of cool water, or sports drink when needed.



Sweat Check

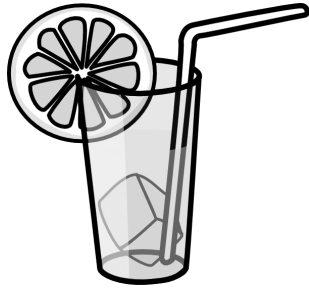
A basic way to check and see if you are hydrating enough during exercise is as follows:

My body weight before practice [___ lbs]
- My body weight after practice [___ lbs]

Pounds lost [___ lbs lost]

Weight loss during practice or competition is not fat, it's water. For every pound lost, replace with 2-3 cups of water. (For accuracy, weigh in minimal clothing, and afterwards, change out of the sweaty clothing before you weigh.)

- It is critical to replace the water loss as quickly as possible.
- Try to minimize the weight lost by drinking more during activity.
- Drink at every break in action.
- Before your next workout, your weight should be back up to normal.



Hydration check:
Urine should be the color
of light lemonade
not apple juice.



The Hydration Plan

EVERY DAY

Drink at least half your body weight in ounces daily
For example: A 160 pound athlete should drink 80 fl oz per day

BEFORE EXERCISE

Start hydrating 24–48 hours prior to exercise
2–3 hours before exercise: drink 14–20 fl oz of water
During active warm-up: drink another 8 fl oz (about 8 swallows/gulps)

DURING EXERCISE

Use a sports drink when exercising longer than 90 minutes or when in hot/humid environments
Drink at least 16 fl oz of water or sports drink each hour

AFTER EXERCISE

Weigh yourself before and after exercise
For every pound you lose, drink 16–24 fl oz

Winning Hydration

Enhance your performance by staying hydrated every day. Bring plenty of water and water filled foods with you each day. Use the hydration plan above and check off each item to ensure you will be at the top of your game!

What Should I Drink?

Your body needs water and electrolytes like sodium and potassium. Electrolytes come from food and so can water. Milk, juice and sports drinks are about 90% water, and contain electrolytes. Foods like soups and fruits also contain electrolytes and lots of water. Research shows that most hydration happens at meals from the combination of food and beverages you eat and drink.



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