

# HYDRATION

## WHY HYDRATION IS IMPORTANT

- Your body needs water to keep it working properly
- You lose water every day when you go to the bathroom, sweat and even when you breathe
- You need to replace the water you lose so you stay healthy, hydrated and perform at your best

## BEST TIME TO DRINK WATER



Drink water at each meal and snack during the day.

- Morning meal
- Mid morning
- Noon meal
- Mid afternoon
- Evening meal

Drink at least 1 bottle of water during sports.

- During practice or exercise
- Before practice or exercise
- After practice or exercise

## SIGNS OF DEHYDRATION

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

Drink water right away, slow down and cool off

## WATER FUEL FOR HEALTH AND SPORT PERFORMANCE

- Goal is to drink 5 bottles of water every day
- Your bottle should be 16-20 oz. or 500-600 ml



**TIP:** Drink out of a sports water bottle—they are refillable and can hold the right amount of water

## HEALTHY BEVERAGE OPTIONS

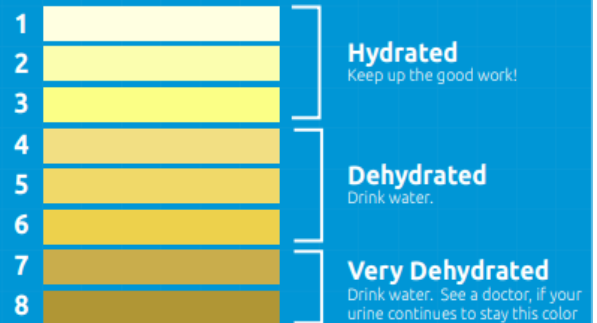


Drink low-fat milk and small amounts of 100% juice

Water is the best choice for hydration!

## URINE CHART

How to tell if you are hydrated



## I choose to drink water every day I choose to change!

Here are things I can choose to do:

- Drink water instead of sweetened drinks once each day.
- Drink one bottle of water before my event.
- Drink one bottle of water after my event.
- Drink a glass of water before each meal.
- Eat fresh, juicy fruits when I am hot, like berries, watermelon, oranges, and apples.



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**Health Promotion**

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