



SUPPORTED BY



Young Athletes Camp

Healthy Athletes Craft



Hydration

The word 'Hydration' is written in a bold, black, sans-serif font on a white rectangular board with a thick black border. The board is positioned in the center of the page. The background features colorful, abstract brushstrokes in purple, blue, red, yellow, and green.

Hydration

Each organ in our body needs water to function properly. Use these helpful tips below to keep your Young Athlete(s) hydrated and safe this summer.

Beyond Water:

Keep fruits and veggies around for your child to snack on. Fruit is a good source of fiber and made mostly of water to help aid in hydration.

Watermelon, grapes, cucumbers, celery, and tomatoes are all good examples of water rich foods.

Sugar free popsicles are another great way to encourage hydration.

Drinks to Avoid

Limit the consumption caffeinated drinks. Caffeine is a diuretic, which dehydrates the body.

Signs of Dehydration

Tiredness is one of the first signs of dehydration. Try and keep water and water rich snacks handy in order to hydrate before the feeling of thirst hits.

Underhydrated



Hydrated

The urine/hydration chart above is a helpful tool for visual learners. Letting your child know that if their pee is yellow that is a sign to drink water! If the pee is clear, they are well hydrated!

Coconut Water Popsicle

Materials :

- 1 Coconut Water
- 2 Fresh Fruit



Activity:

- 1 Place a thinly sliced strawberry at the bottom of each popsicle mold or paper cup
- 2 Add two or three blueberries on top, then place another strawberry on top of that.
- 3 Fill each mold or cup up with coconut water
- 4 Then place your popsicles in the freezer for about an hour (or when the water is hard but not yet ice)
- 5 Insert popsicle sticks, then continue to freeze popsicles until they are hardened
- 6 Once popsicles have hardened, remove popsicles from the freezer and enjoy!