



FLUID FIRST!

GET A SLAM DUNK WITH YOUR FLUIDS DURING SPORT

Why is drinking fluids so important?

When you exercise, your muscles generate heat, and this heat warms up your body. In order to cool your body down, you start sweating.

Sweating causes your body to lose fluid (water) and electrolytes (minerals like salt). If you do not replace lost fluid and electrolytes you become tired and can't continue to play hard. Even worse, your body can overheat and make you feel very sick -- or even need to be hospitalized.



There is good news! Drinking cool fluids, like water and sports drinks, **before, during, and after** sports can help keep your hydrated, energized and healthy!

Parent - Coaching Corner

HEY PARENTS!

You can help keep your kids hydrated and healthy on & off the field/court by following these tips:

Encourage them to carry a water bottle and drink from it often.

Have sports drinks handy for practices.

Make sure you see your child drinking fluids

Watch out for signs of dehydration, like:

- Dry lips & tongue
- Bright or dark colored urine
- Sunken eyes
- Small amount of urine
- Infrequent urination
- Poor energy levels

Watch for signs of heat illness.

- Thirst, chills, clammy skin, throbbing heart, muscle pain/spasms, nausea

If you see these signs move your child into a cool place, remove excess clothing & give them a cool sports drink. If symptoms don't improve, seek medical attention.

When & What To Drink

Drink on a schedule; don't wait until you're thirsty! Follow the guidelines below . . .

Before Sports

- Drink 1 to 2 cups of cool water 1 to 2 hours before sport.
- Drink 1 to 1½ cups of cool water 10 to 15 minutes before sport.

During Sports

- Drink 5 to 10 ounces (or 10 to 20 "gulps") of sports drink every 20 minutes.
 - o The more you weigh the more fluid you need to drink.

After Sports

- Within the following 2 hours, drink 3 cups of cool sports drink for every pound of body weight you lose during exercise.



Helpful Fluid Tips to Follow:

Choose cool water, 100% fruit juice, and sports drinks instead of soda, fruit cocktails, and energy drinks.

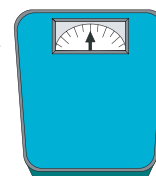
Drink fluids until you no longer feel thirsty and then drink another ½ to 1 cup of fluid (just to make sure you get enough!)

Drink fluids throughout the whole day.

Replace What You Lose

Weigh yourself before & after practice or a game. Every pound you lose equals water weight loss. Drink 3 cups of fluid to replace each pound of water lost.

You can tell if you are hydrated by looking at the color of your urine. See the back of this handout to find out more.



Am I Drinking Enough?

Look at the Color of Your Urine to Find Out!



Light Lemonade = Hydrated

An odorless pale yellow urine color, like the color of light lemonade indicates you are well-hydrated.



Apple Juice = DRINK UP

A darker yellow-orange urine color, like the color of apple juice, with an odor indicates you need to drink more fluids!!



If you are taking a multivitamin supplement, be aware that some supplements can change the color of your urine for a few hours, making it bright yellow or discolored. Even so, by the end of the day (if you take your supplement in the morning) the color of your urine should look more like light lemonade.

07/2005

AZ1363

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This information has been reviewed by university faculty.

ag.arizona.edu/pubs/health/az1363.pdf

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