



GATORADE SPORTS SCIENCE INSTITUTE

HYDRATION: THE ATHLETE'S KEY TO SAFETY & PERFORMANCE



Moving your muscles produces heat! Overheating will shut down your muscles & your performance.



Sweating keeps you cool & safe. But you need to drink to replace that sweat & perform at your best!

IF YOU FEEL WEAK, LIGHTEADED, DIZZY OR NAUSEOUS – TELL YOUR COACH. YOU MAY BE DEHYDRATED AND NEED TO TAKE A BREAK TO DRINK AND COOL DOWN.

HOW TO STAY HYDRATED

- Drink fluids throughout the day and watch your urine color. Light color like lemonade(not clear) is your goal.
- Try to limit drinks with high amounts of caffeine and sugar, like soda and energy drinks (a little is OK, a lot is not!)
- **Drink regularly throughout practices and games. Take advantage of all the breaks your coach gives you.**
- If you are having trouble staying hydrated during practices or games, try this activity to estimate how much to drink:

Your weight before practice _____

Your weight after practice _____

Subtract them = _____

Multiply by 16 oz. = _____ Next practice add this much fluid. For example, if you lost 2 lbs, add a 32 oz. bottle of Gatorade or G2.

DEHYDRATION DECREASES:

- Muscle power
- Performance
- Mental function
- Motor skills
- Fluid absorption
- Heat tolerance

Sip fluid often during exercise - don't guzzle all at once. Sloshing fluid in your stomach doesn't do you any good!

SPORTS DRINK OR WATER DURING PRACTICES & GAMES?

Both will help you stay hydrated. A sports drink also has sodium, which helps the water in your drink stay in your blood. Notice your sweat tastes salty? That's the sodium you are losing with water. Sports drinks also give you energy from carbohydrate.

At a certain point, dehydration can increase your risk of heat illness and decrease your performance by affecting muscle function and taking you off the field. **Stay safe, stay in the game, stay hydrated.**

The information in this document is grounded in sports nutrition science, translated for athletes.