

# Hydration

**Water is another important fuel for sports and for life.** Drinking the right amount of water is important for your health and can also help your athletic performance.

**Your goal is to drink 5 bottles of water every day!**

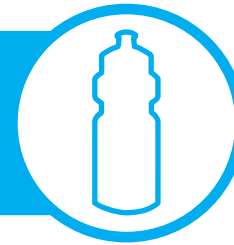
*Your bottle should be 16-20oz or 500-600ml*



## **TIP:**

Drink out of a sports water bottle to track your hydration. Sports bottles are refillable and can hold 16-20oz or 500-600ml of water.

# Signs of Dehydration



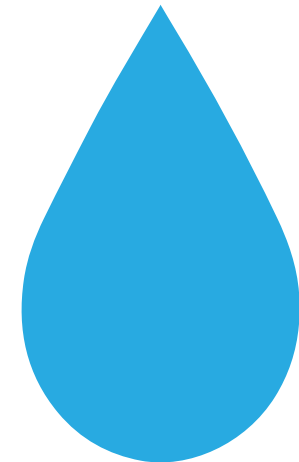
Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well.

**This is called dehydration.**

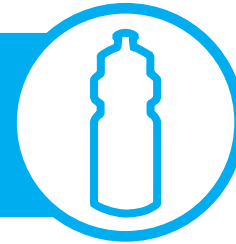
## Signs of Dehydration:

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

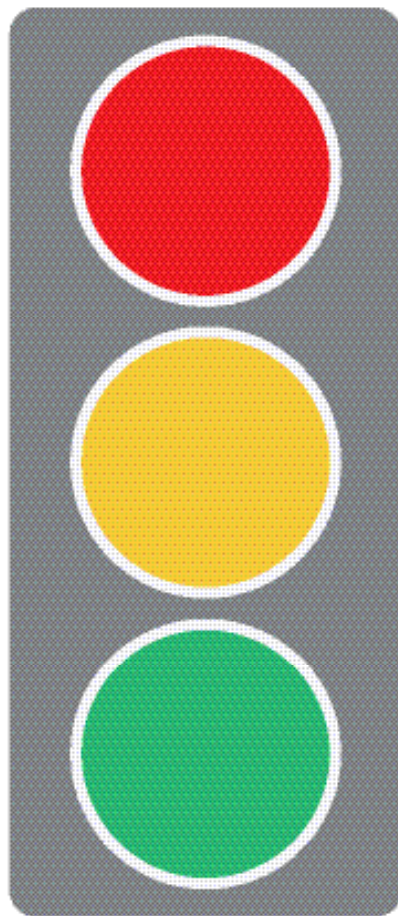
**Did you know that dehydration of 1-2% of your body weight can decrease your sports performance?**



# Healthy Beverage Choices



There are many beverage options available, but some of them are healthier choices than others. **This guide can help you make the best choices to stay hydrated and perform your best.**



## Sodas, energy drinks, and sports drinks are NOT good beverage choices.

Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and sodas also have caffeine. Caffeine does not help you stay hydrated.



## Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts.

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.



## Water is the best choice for a beverage!

Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

