



HYDRATION

There is no cheaper, simpler, or more effective way to help performance and protect your health than staying hydrated during exercise. The goal of hydration is the same for all youth athletes: to prevent dehydration and optimize performance.

Whether you're a serious athlete or simply exercise for recreation, it's important to stay hydrated. Good hydration means getting the right amount of water before, during, and after exercise. Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and keep you healthy. If you're not hydrated, your body can't perform at its highest level. You may feel tired, have muscle cramps, dizziness, or other serious symptoms.

DEHYDRATION CAN HINDER ATHLETIC PERFORMANCE

Athletes who lose more than 2 percent of their body weight (3 pounds for a 150-pound athlete) lose both their mental edge and their ability to perform optimally in hot weather. Yet, during cold weather, you are less likely to experience reduced performance, even at 3 percent dehydration. (active.com)

YOU DON'T HAVE TO DRINK PLAIN WATER TO HYDRATE!

All fluids count, as do foods that have high water content. For example:

- Oatmeal is 84 percent water.
- Low-fat milk is 90 percent water.
- Coffee is 99.5 percent water.
- Cucumber is 96.7 percent water.
- Lettuce is 96 percent water.
- Tomato is 95 percent water.
- Broccoli is 90 percent water.
- Low-fat vanilla yogurt is 79 percent water.
- Grapefruit is 90 percent water.