

# Water Helps You Stay Hydrated

## Hydrate: For Better Athletic Performance

Students are susceptible to poor hydration or dehydration whether they are participating in gym class or a competitive tennis match. Regardless of the type of activity, it is important for athletes of any kind to stay hydrated throughout the day to stay healthy and maximize performance.



Proper hydration should always start before an activity. Regularly drinking water or other non-caffeinated beverages are a requirement for proper hydration every day, not just game day. During exercise, students should drink 6-8 ounces every 15 minutes depending on personal tolerance (one gulp equals about one ounce). After exercise, they should drink 16-20 ounces for every pound of body weight lost.

You may not realize it but water is the most essential element, next to air, to your survival. The simple combination of two parts hydrogen, one part oxygen makes up more than two thirds of your body weight and is involved in a host of bodily functions that we routinely take for granted. This is what water does for you...

- Water works to regulate the thermal condition of your body
- Water serves as a lubricant in your joints
- Water helps flush toxins from your blood
- Water gives your skin a clear, glowing complexion
- Water assists with digestion, pulling all the usable nutrients out of foods
- Water aides in disease prevention (Drinking 8 glasses a day has shown to reduce your chance of colon cancer by 45% & bladder cancer by 50%)



Staying hydrated is easy. Here are some important tips to consider before, during, and after exercise to stay hydrated.

- Drink early and often;
- Practice drinking during training to make it a habit during a competition;
- Drink by schedule, not by thirst;
- Drink to rehydrate after an activity, then drink more;
- Know the warning signs of dehydration (fatigue, lightheadedness, headache, dark urine, dry mouth); and
- Choose the right drink. For light to moderate activities, drink water. For strenuous exercise over 90 minutes in duration, choose a sports drink.

Staying properly hydrated has many benefits. Not only will students perform better, but they will enjoy a number of other benefits including lower heart rate, higher cardiac output, lower core temperature, and lower perceived exertion.

