Drinking enough fluids throughout the day to properly hydrate is extremely important as it affects your body’s ability to function and perform at a high level. Dehydration can affect the body’s ability to regulate body temperature and heart rate, and may also cause performance decrements including premature fatigue, diminished decision-making skills and slower response times.

Tips for Proper Hydration

• Minimize pre-activity dehydration by consuming fluids regularly throughout the day.
• Check the color of your urine. A darker color, similar to apple juice, signifies dehydration, while a urine color closer to lemonade indicates that you are properly hydrated.
• Monitor body weight before and after practices/competitions. Weight loss of greater than 2% of your initial pre-exercise weight indicates inadequate fluid consumption; however, if you are gaining weight you may be overhydrating.
• After activity, for every one pound lost, drink 16-20 ounces of fluids over the next few hours to rehydrate.

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