



PROPER HYDRATION IS ESSENTIAL FOR EFFECTIVE ATHLETIC PERFORMANCE

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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