

## HYDRATION

### KEEPING FLUIDS IN THE BODY



#### Water

**Make water your first beverage choice.** Our bodies lose water every day and at an even faster rate when training or competing. When we start to lose too much water we become dehydrated. We

might feel tired, sluggish, thirsty, and get a headache. This worsens our ability to compete at our best. Water is the best fuel and energy for your body. It boosts your health and sport performance. Remember to drink water throughout the day, even before you become thirsty. Specific recommendations are below.



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### When to Drink Water

**Night before practice or competition:** Drink one 8 oz. (or 250 ml) glass of water.

**Four hours before event:** Drink one 8 oz. (or 250 ml) glass of water.

**15 minutes before event:** Drink one-half glass (4 oz. or 125 ml) of water.

**During event of less than one hour:** Take one water break and drink enough water to stop feeling thirsty and start feeling energized.

**During event of more than one hour:** Drink one to two 8 oz. glasses of water (250-500 ml) during every hour of physical activity.

**After event or practice:** Drink 8 oz. (or 250 ml) glass of water every three hours until next day.



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### Sports Drinks/Carbohydrate Fluid Replacements



Sports drinks and carbohydrate fluid replacements should not be used frequently. They contain excess calories that can contribute to unnecessary weight gain and tooth decay.

If used, sports drinks and carbohydrate fluid replacements are more appropriate for intense sports such as cycling and athletics/track and field events lasting more than one hour.

### Energy Drinks



Energy drinks are **NOT recommended**. They contain stimulants (such as caffeine) and could negatively impact an athlete's health. In addition, some medications athletes take can be impacted by excessive caffeine.