



Hydration Factsheet

What Should I Drink?

Your body needs water, but remember water comes in all sizes, shapes and colors.

Milk is 90% water. Juice is 89% water, sport drinks are 94% water, and even pizza is 50% water.

Nearly everything that is consumed provides water for your body, and in fact, research shows that most hydration comes from the combination of food and beverages in our meals.

IT ALL MATTERS!

**Recommended Serving = 1/2 Body Weight in Ounces/Day (this increases with activity levels)*

Dehydration level of 1-3% can lead to a decrease of physical and mental performance by 10-20%.

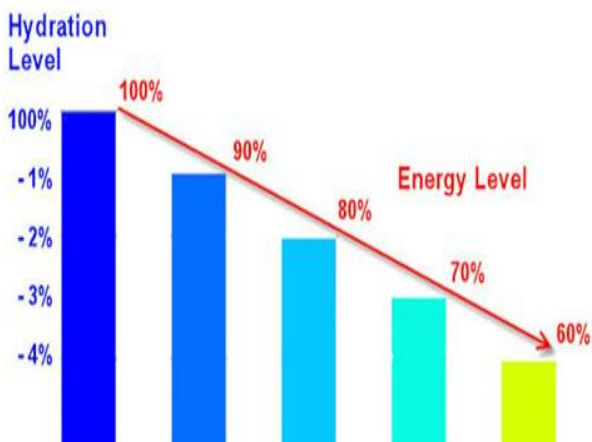
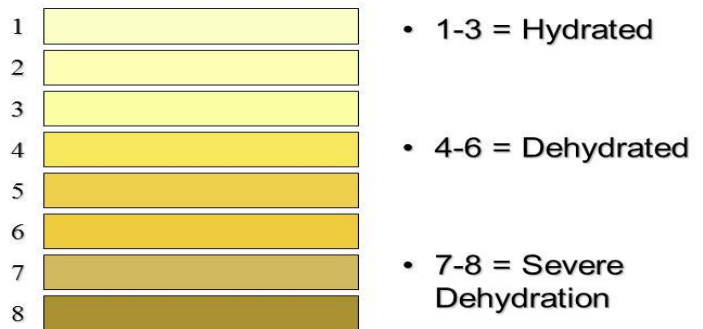
Pre Training/Match: 16oz. (2 cups) of fluid about 2 hours before intense physical activity.

Immediately Before Training/Match: 6-8oz of water or sports drink.

During Training/Match: 8oz. (1 cup) every 10-15min. Make an effort to consume in intervals to replace lost fluids.

Post Training/Match: 16oz. (2 cups) for every pound of water weight lost during activity.

Hydration Urine Chart



YOUR NOSE KNOWS!

While some foods, like asparagus can cause your urine to smell different, in general, a strong smelling odor can also be a sign of DEHYDRATION.