

FLUIDS

It is important to drink water throughout the day, and bring water to practice.

The best way to make sure that you are drinking enough fluid, is look at the color of your urine. Your urine should be a pale yellow, like weak lemonade or weak tea. If your urine is dark yellow or gold, you are not drinking enough water each day.

Another way to make sure you are drinking enough, is weigh yourself before you exercise. Then weigh yourself after you exercise, and see how many pounds you lost while working out. Then, drink three (3) cups of fluid, for every one (1) pound that you lost. This will help rehydrate your body after a workout.

Thirst is not always the best indicator of how much fluid your body needs. Many times you do not become thirsty, until 2% of your body weight has been lost.

Drink water before you run.

Drink water while you run.

Drink water after you run.

Many fruit juices and processed sports drinks (Gatorade, Power Aid and others) have lots of sugar, but are good for a quick boost of energy, and help replace electrolytes. Electrolytes are minerals (sodium, potassium, magnesium, calcium and phosphorus) that help maintain the proper water balance in your body. When you sweat during exercise, you lose electrolytes. Sports drinks will help replace the electrolytes in your body.

However, you should always drink more **WATER**, and less sports drinks.