

Hydration

Fluids:

You don't have to ONLY drink water, but drink water at least 4 times per day.

16 oz when you wake up/morning time, around Lunch time, immediately after practice, and around dinner time.

Fruits and Vegetables contain large amounts of water and will help you stay hydrated. List some foods: _____

You cannot hydrate with water alone:

Muscles cannot contract optimally when they are out of:

Electrolytes: _____

Sodium: _____

Potassium: _____

Calcium: _____

Magnesium: _____

Sugar: _____

All are important to prevent cramping and having you perform at your best in the field and in the classroom.

Please list food sources for the above items. Your Name: _____