



**PLAYING MY BEST**  
**SPORTS**  
DISCOVER YOUR ELITE ATHLETE

## HYDRATION

Keeping adequately hydrated is very important during activity or exercise. If sweat losses are not replaced, body temperature rises, causing further injury and hindering performance. If you are thirsty, you are already starting to dehydrate. You should drink before, during and after practice and games. It is especially important to stay hydrated when playing multiple soccer games in one day.

## MONITOR YOUR HYDRATION STATUS

Each pound lost after activity equals 1 pint of fluid that must be consumed.

- Dark urine (indicates dehydration)
- Light urine (indicates properly hydrated)
- Decreased urine output
- High resting heart rate
- Muscle soreness
- Muscle cramping
- Fatigue
- Poor coordination



## HYDRATION TIPS

The ultimate goal of hydration is to start your activity hydrated, avoid dehydration during activity and re-hydrate after activity.

- 2 hours before - consume 2 cups of fluid (juice, water or sport drink)
- During activity - drink 1 cup of water every 15- 20 minutes
- After activity - drink 1 pint of water for every 1 pound lost
- Keep drinks cooler than air temperature and close at hand
- If you exercise more than 60 minutes, you may benefit from a sport drink



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

**FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300**

5848 S. 300 E. Murray, Utah 84107 • [www.playingmybest.com](http://www.playingmybest.com)