



# Gonzales Soccer Club

## Hydration Tips

### Monitoring and Addressing Hydration Levels

#### 1) If You're Thirsty It's Too Late

If you wait for thirst to be your warning sign of dehydration you're waiting too long. Studies show that if an athlete delays their hydration or rehydration based on their level of thirst they underestimate how much fluid their body is lacking and only rehydrate up to 50% of what is considered safe in regards to heat illness. Thirst is a way for your body to tell you that it is in need of fluid. Fluid is more than just water. It contains electrolytes that are a vital part of your body's temperature control and muscle function. Sports drinks are a great way to provide an equal amount of fluids with the appropriate electrolyte balance.

#### 2) Weigh Yourself



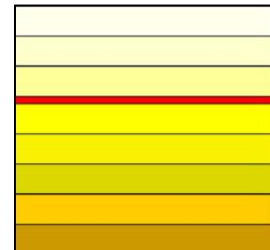
The simplest way to quantify how much fluid you have lost during training is to weigh yourself at home before practice and write your weight down. Once you've returned home and have changed into dry, clean clothes weigh yourself again and compare it to your weight before training. If you have gained weight that is great! It means you have properly rehydrated yourself. If you have lost weight you need to drink 16 oz for every pound of weight you lost during training.



**1 LB = 16 OZ**

#### 3) Check Your Urine

If your urine matches the colors in the first 3 boxes you are properly hydrated, but don't forget to continue to consume fluids during and after training. If your urine color is below the **RED LINE** you are **DEHYDRATED** and putting yourself in risk of heat illness! **Drink More Fluids Immediately!**



#### 4) Importance of Eating

It has been proven that up to 92% of the water we use for hydration is "hidden" in our food! Making sure you are eating a healthy diet including grains, fruits, vegetables, and meat/poultry/fish is important to give your body the proper fuel it needs to perform during training.

#### Fun Facts:

- Drinking with a straw has proven to help you drink more!
- Adding table salt to meals will help your body retain the water you consume to help hydrate your body more efficiently.

Click the **Gatorade Sports Science Institute** Logo, or visit their website, for links to their **"Beat the Heat"** Series

