

**TIP OF THE MONTH****OPTIMAL HYDRATION****FLUID INTAKE SUGGESTIONS TO BOOST PERFORMANCE AND AVOID ILLNESS AND INJURY:**

<b>OPTIMAL HYDRATION</b>	
<b>WHY</b>	65% of body weight is water. Every thing you do uses water- every thought, every movement, every muscle. When you exercise your body becomes hot and you sweat to cool it down. You can become dehydrated due to fluid and electrolyte loss. Electrolytes help maintain body functions such as muscle contractions.
<b>WHEN</b>	You cannot fully re-hydrate 1-2 hours before an event. You need to drink water throughout the day vs. chugging a large quantity at one time. Drink water and/or Gatorade before, during, and after practices and games, even if it is not "hot" weather.
<b>HOW</b>	Use a sports drink such as Gatorade which is formulated to help replace fluids and electrolytes. Be aware of too much carbohydrate content in some sports drinks that may not process as quickly in the body for use. Limit caffeinated drinks of any kind (read the label) before and during competition. Caffeine can have a dehydrating effect. The most scientific way to know how much fluid to replace after exercise is to weigh yourself before and after practice. Be sure to drink 2.5 cups of water for every pound lost during practice
<b>EFFECTS</b>	Being dehydrated will quickly decrease your performance by at least 10-15%. Dehydration can also play a role in muscle strain. Drinking fluids during competition will help keep your body cool and your energy high to perform at your best.