

# TrueSportATHLETE Hydration



If food is the gas to your sports-playing engine, water is the oil that makes everything run smoothly!

To always be hydrated for healthy performance, just remember these three things:

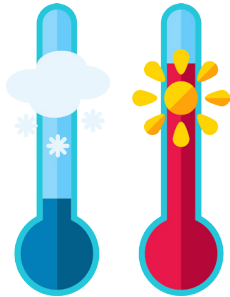
1. Drinking water **BEFORE, DURING, AND AFTER EXERCISING** will help you play your sport better and for longer
2. **DON'T WAIT UNTIL YOU ARE THIRSTY** to start drinking water—if you do, you are probably already dehydrated!
3. **WATERY FOODS AND BEVERAGES** (like watermelon, carrots, and smoothies) are a great way to help replace the fluids and nutrients lost through exercise

## WHERE DOES THE WATER I DRINK GO?

There are four big ways athletes lose fluids while exercising:



High Altitude



Temperature



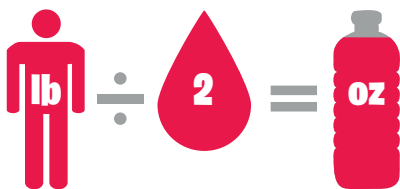
Duration & Intensity



Sweating

## HOW MUCH WATER SHOULD YOU DRINK? A general rule of thumb for how much water to drink during the day involves some simple math. Take your body weight and divide it by two, which tells you the amount of ounces you should be drinking.

Figure this number out for yourself!



A GOOD AMOUNT OF WATER FOR ME TO BE DRINKING IS

\_\_\_\_\_ OUNCES PER DAY.

Now that you know roughly how much water you should be drinking daily, circle the amount of different-size water bottles you could drink to reach that amount:



Play better by playing our games! To become a smarter sports star, play our fun hydration-related games at [PLAY.TRUESPORT.ORG](http://PLAY.TRUESPORT.ORG) or download the **TRUESPORT PLAY** app from the App Store or Google Play.