

Welcome to the Hydration Campaign Parent Meeting

Review the following information and complete the quiz at the end by circling the correct answer.

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HYDRATION
FOUNDATION

Did you know...?

- 75% of the body is made up of water
- 92% of blood is made of water
- Water carries nutrients and oxygen to all the cells in your body
- Water helps turn food into energy
- Water regulates your body temperature
- You have a 10% decrease in your mental performance when you feel thirsty
- If you are dehydrated you are more likely to have trouble concentrating
- If you are well hydrated, exercise feels easier and more enjoyable

So drink more water!

How much do I need to drink?

Take your weight and divide it by two. Everybody needs at least 50 ounces of water a day and if you weigh over 100 pounds, then divide your weight by two to determine how much to drink (for example, if you are 150 pounds you should drink 75 ounces per day). And if you are sweating, you should drink even more!

When and what do I need to drink?

You should drink water and other healthy liquids throughout the day. Sports drinks are great if you have been working out or playing sports. Soft drinks are not a healthy choice for hydration and will actually make you dehydrate faster. Milk and juice are a great part of your diet, but they contain calories which you may need to keep an eye on for maintaining healthy weight.

What's the big deal?

Dehydration is a common problem for many young athletes playing in heat. These conditions are not only dangerous, but are also fatal in some cases. You can die from these illnesses. Don't take it lightly. It's not cool to see how long you can practice without drinking water. It's deadly.

Three Degrees of Heat Illness:

The three types of heat illness are Heat Cramps, Heat Exhaustion and the most serious and deadly form: Heat Stroke. All three of these types of dehydration are dangerous, and that is why it is so important to know the warning signs.

Warning Signs!

Dehydration is a very common problem, and young athletes can experience consequences of dehydration even if they are as little as 2% dehydrated. Here are some warning signs:

- Noticeable Thirst
- Decreased Performance
- Nausea
- Muscle Cramps
- Headache
- Fatigue
- Weakness
- Lightheaded or Dizzy
- Difficulty Paying Attention

Then what?

If you experience any of the previous symptoms, you need to take the following action:

1. Rest in a cool place
2. Drink a sports drink that contains the adequate amount of electrolytes.
3. Prevent dehydration in the future by consuming fluids before, during and after exercise.
4. Allow lots of time to rehydrate.