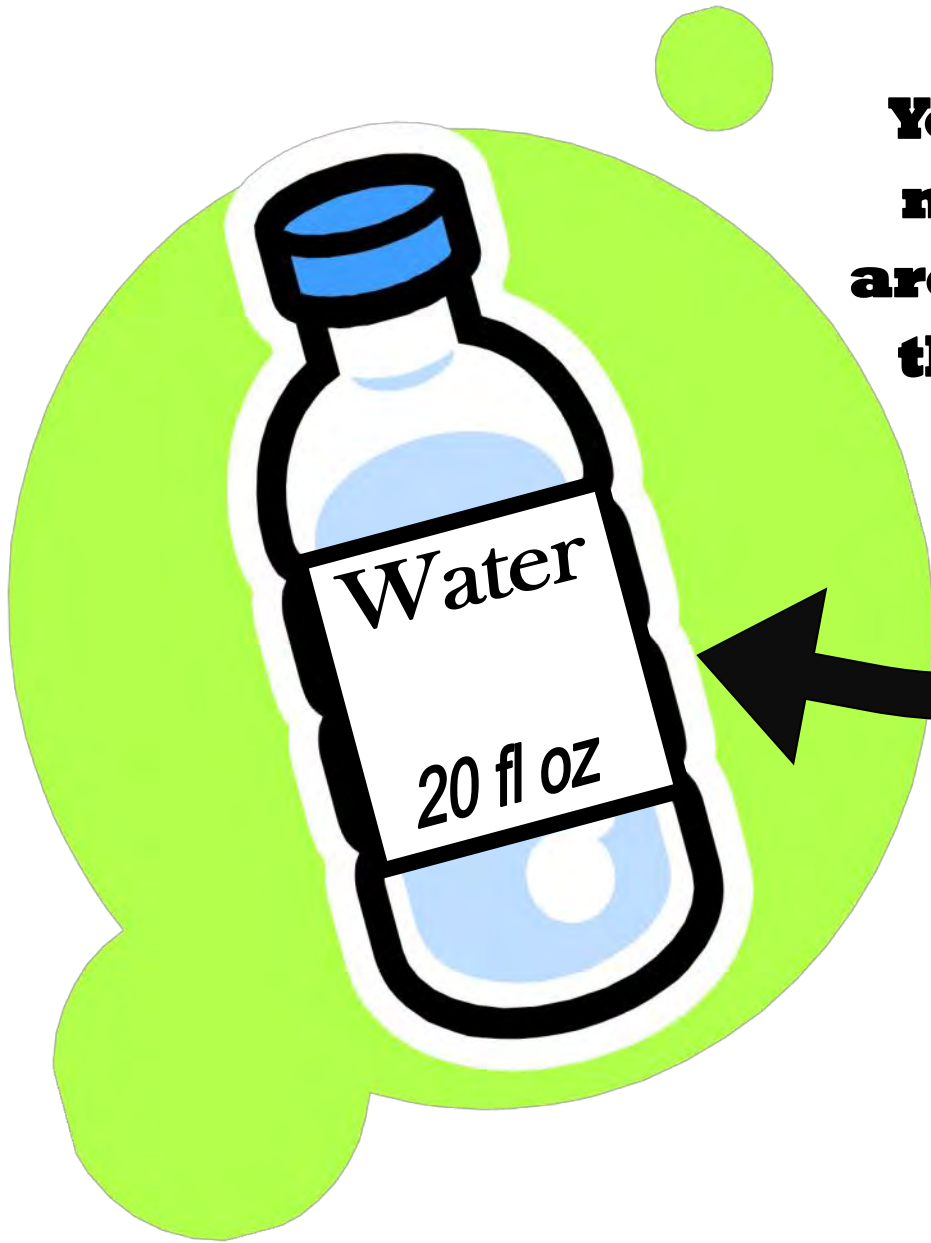


How many ounces are you drinking?



**You'll see how
many ounces
are in a bottle at
the bottom of
the label.**

**If you don't drink
enough water, you
might:**

Feel thirsty

Feel tired

Get muscle cramps

Get headaches

Feel confused

Feel dizzy

Get dry mouth

Aim for 64oz daily!

Healthy Hydration

Our bodies are 60% water & our muscles are 80% water. We can lose some of this water when we sweat or go to the bathroom, so it is important to drink plenty of liquids to stay hydrated.

BEFORE A GAME

1



to



8 to 16 oz. of water

It is important to be well hydrated before a game to prevent symptoms of dehydration.

Staying hydrated will allow you to perform your very best!

DURING A GAME

Drink Every 15-20 minutes

2



to



4 to 8 oz. of water

OR



4 to 8 ounces of a sports drink

Why? It has electrolytes like sodium (salt) and potassium that we lose in our sweat.

AFTER A GAME

3



to



8 to 16 oz. of water

OR



Low fat or fat-free chocolate milk

Why? It has protein, vitamins and minerals to help us recover for our next game.