

## It's important to drink water before, during and after sport to stay hydrated

Did you know, over half your body is water? Drinking water keeps your body cool, replaces fluid lost through sweat and helps you continue to perform at your best. Choose water before, during and after exercise.

### Before exercise

Start exercise well hydrated, drink a glass of water and enjoy a healthy meal or snack before exercise



### During exercise

Sip on water during exercise to stay hydrated, particularly in hot and humid weather



### After exercise

Refuel after exercise with fluid, carbohydrates and protein. Consider:

- Water
- Fruit smoothie
- Small flavoured milk



### A word on sports drinks

Sports drinks are very high in sugar and not recommended for the general population, especially children. Endurance or high performance athletes should consult an Accredited Practising Dietitian for advice.

**Did you know the average 600mL sports drink contains 9 teaspoons of sugar?!**

This means if a person drinks 1 x 600mL sports drink each week over a year, from sports drinks alone they will consume:

**2.3 kilos of sugar (approx.) 31 litres of sugary drinks**

### How much should we drink?

Fluid requirements will vary:

- from person to person
- depending on hot or humid weather
- during intense exercise where sweat rates are higher.

Children often don't realise when they are thirsty and may need to be reminded to drink often, particularly during exercise.

### Warning signs of dehydration

- Dark urine
- Dizziness
- Dry mouth and throat
- Muscle cramps
- Nausea and headache.