



## **Tips to Hydrate and Fuel for the Football Season**

Football is a game of strength, speed and skill – all of which can be affected by what, when and how much an athlete eats and drinks. To stay safe on the field and ready to perform, athletes must approach staying properly fueled with the same level of intensity they bring to practice and competition. Hydration plays a vital role in helping athletes get the fuel they need to achieve peak performance. These tips will help keep athletes safe and in the game.

- All athletes benefit from optimal hydration. This is not just a game day issue, but a daily priority. To prevent dehydration, especially in hot, humid conditions, athletes need to drink enough of the right fluids, including during physical activity.
- Sports drinks give athletes fluid to rehydrate, carbohydrates to fuel muscles, and electrolytes like sodium to help maintain fluid balance and help prevent cramping. Sports drinks also taste good which encourages drinking to stay properly hydrated.
- Coaches should weigh athletes before and after practices to determine individual fluid losses and monitor them to ensure they replace every pound lost with approximately 20 ounces of fluid.
- Athletes should check the color of their urine. If it's pale like lemonade, that's a good sign of hydration. If it's dark like apple juice, they need more fluids

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