

Hydration is important to the health, safety, and performance of athletes because the body is 50 – 60% water or more. Basically, everything that happens in the body happens with or in water. Even a 1 - 2 percent loss of weight from fluid loss can negatively impact performance and even greater losses of fluid can further degrade performance and have serious consequences.



**COME BACK STRONGER** | **REFUEL**  
with chocolate **MILK**

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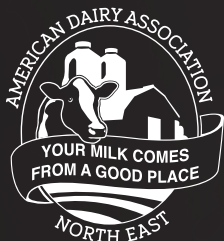
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## Hydration Tactics to Fuel High School Athletes

### DAILY HYDRATION

Athletes need to focus on hydration every day, not just on game days or during workouts. The first goal is to drink mostly water throughout the day, every day – along with having a mix of other hydrating fluids and foods. This will help athletes to arrive at practices and competitions hydrated.

When it comes to fine-tuning hydration there is one more important message: “energy” drinks should not be used for hydration before, during, or after workouts or competitions. In fact, the position of the National Federation of State High School Associations further states that energy drinks are not sports drinks and should not be used by athletes.



### HYDRATION DURING EXERCISE

The second goal is for athletes to dial in their hydration before, during, and after workouts to maintain fluid levels in the body and maximize performance. It is important for athletes to learn and implement a hydration routine that will help fuel their body and this will vary some from athlete to athlete and sport to sport. A routine is a must because if you just rely on thirst, by the time you are thirsty, you are already under-hydrated.

Additionally, if some is good, more is not better. It is possible for athletes to over-hydrate by taking in excessive amounts of fluids which can be detrimental to performance and even life threatening.

Plus, athletes can learn to fine tune their fluid choices. For example, during workouts and competitions, water will hydrate the body, although there are times when it is best to switch to a sports drink to maximize performance. It is recommended to switch to a sports drink with carbohydrates and electrolytes when:

- The duration of a practice is longer than 60 minutes
- There are multiple/same-day bouts of intense, continuous, or repeated exertion
- There are warm-to-hot and humid conditions

### HYDRATION AFTER EXERCISE

After workouts and competitions, athletes need fluids plus a combination of carbohydrates and protein to replenish their muscles. Refuel with the next meal or snack along with fluids. Post-exercise is a perfect time for chocolate milk, a nutrient-rich beverage which delivers the winning combination of fluids, carbohydrates, and protein that will refuel tired muscles. Plus, chocolate milk has essential vitamins and minerals including vitamin A, vitamin D, B-vitamins, calcium, and potassium.

### THE BOTTOM LINE

The bottom-line is that hydration matters, and it can positively impact performance. All athletes can benefit from staying hydrated every day with a combination of water and nutrient-rich foods and fluids.

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