

FLUIDS FOR JUNIOR SPORT.



Water is the best drink to keep you hydrated

Tips for staying hydrated and improving sports performance:

- Sip regularly on water throughout the day
- Drink water after sport to help you rehydrate
- Always have your own water bottle on hand to sip from at drink breaks

Dehydration

The following are some common signs of dehydration:

- Dizziness
- Poor co-ordination
- Feeling thirsty
- Nausea
- Dark urine
- Headaches
- Poor concentration
- Dry mouth and throat
- Muscle cramps

Adequate fluid intakes for children



These recommended intakes include all fluids, but it is preferable that the majority of intake is from plain water. The exact amount of fluid a child needs depends on their body size, metabolism, the weather, the food they eat and their activity levels.

Source: Nutrient Reference Values for Australia and New Zealand, National Health and Medical Research Council, 2006

Sugary drinks

Sugary drinks are best avoided because:

- They provide no nutritional benefit
- They are high in sugar and contribute to excess energy intake
- The intensity of exercise in junior sport is not significant enough to burn off the excess energy provided by sugary drinks
- The intensity and duration of junior sport does not warrant sports drinks

To put things in perspective:



Alternatives to sugary drinks are water, low fat milk, low fat fruit smoothies and small serves of 99% fruit juice.

Source: Live Lighter



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