

HYDRATION INFORMATION

ONE OF THE BEST WAYS TO PREP BODY FOR PERFORMANCE AND IMPROVE RECOVERY

IMPORTANCE OF HYDRATION

- Water makes up 45-75% of your body
- Plays a role in every cell, organ, and tissue in the body
- Without it, our body won't work properly
- We lost water through breathing, sweating, and digestion - something we do every day!
- Lean tissue holds more water than body fat, so athletes with more muscle mass have more water in body
- Because of this, these people need to hydrate MORE

FOODS WITH HIGHEST WATER CONTENT (% BY WEIGHT)

Lettuce, crisp head (96%)
Watermelon (91%)
Grapefruit, white (90%)
Broccoli, raw (89%)
Milk, low fat (89%)
Orange juice (88%)
Carrot, raw (88%)
Apple, with skin (86%)
Yogurt, low fat (85%)
Potato, baked with skin (75%)
Tuna, canned in water, drained (73%)
Rice, brown, cooked (73%)
Kidney beans, boiled (67%)
Chicken, roasted, no skin (65%)
Spaghetti, cooked (62%)
whole wheat bread (38%)
Cheddar cheese (37%)
Butter or margarine (16%)
Raisins (15%)
Pecans, dried (4%)

URINE COLOR CHART



*Adapted from Larry Armstrong, PhD, *Performing in Extreme Environments* (Champaign IL: Human Kinetics)

COMMON SPORTS DRINKS

Gatorade (20oz)

- 140 calories, 36g carbs, 6% carb solution, 270mg sodium, 75mg potassium

Powerade (20oz)

- 130 calories, 35g carbs, 6% carb solution, 250mg sodium, 60mg potassium

QUESTIONS?

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