

4 Ways to Achieve!

By Dawn Weatherwax, RD, LD, ATC, CSCS

Step 3:

Hydration

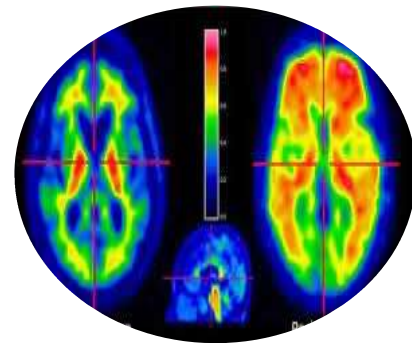
- If you are 1% dehydrated performance can decline up to 12%!
- 76% show up 1% dehydrated for school or morning training.
- 66% show up 1% dehydrated any other time.
- Aim for ½ your weight in fluid ounces a day plus activity.
- Aim for a minimum of 3000mg of sodium a day if an athlete



Step 4:

Recovery and Immunity

- Minimum 8 hours of sleep
 - Sickness and injuries Increase 61% if lacking.
 - Impacts growth, academics & recovery
- Boost Immunity
 - Enough Vit D3, probiotics and Vit C are suggested



Dawn Weatherwax (RD, LD, ATC, CSCS) is a registered/licensed dietitian with a specialty in sports nutrition and founder of Sports Nutrition 2Go and Dawn Weatherwax Sports Nutrition Academy. She has been working with swimmers for over 25 years and has launched an online nutrition program for swimmers. She is also a board-certified specialist in sports dietetics, which is the premier professional sports nutrition credential in the United States. In addition, she is an athletic trainer with a certification in strength and conditioning from The National Strength and Conditioning Association.

