
Health Tips for Athletes

Stay Cool

- Get in shape and used to the climate
- Know the warning signs of dehydration and heat illness (thirst, irritability, headache, dizziness, muscle spasms/cramps, decreased performance, heavy or profuse sweating, skin is flushed or cool and pale, rapid pulse, nausea, weakness, disoriented, confused, elevated body core temperature, cessation of sweating, red and dry skin, shallow breathing and rapid pulse, loss of consciousness)
- Don't rely on thirst to drink
- Drink on schedule
- Favor sports drinks
- Monitor body weight
- Watch urine color and caffeine intake
- Key in on meals as an opportunity to increase fluid intake
- Stay cool when you can

Stay Healthy

- Minimize stresses of life
- Eat a well-balanced diet
- Avoid overtraining
- Sleep well
- Avoid rapid weight loss
- Avoid people with colds
- Keep hands away from nose and mouth
- Get a flu shot
- Stay hydrated and ingest carbohydrates during exercise

Stay Hydrated

- Drink throughout the day
- Drink at least 17 to 20 oz of fluid 2 to 3 hours before a practice or game
- Drink an additional 7 to 10 oz of fluid 10 to 20 minutes before competition
- Drink 28 to 40 oz of fluid per hour of play (at least 7 to 10 oz every 10 to 15 minutes) to replace sweat loss during exercise
- Drink at least 20 oz per pound of weight loss within two hours of finishing training or competition
- Optimal to have fluid intake match sweat and urine loss