



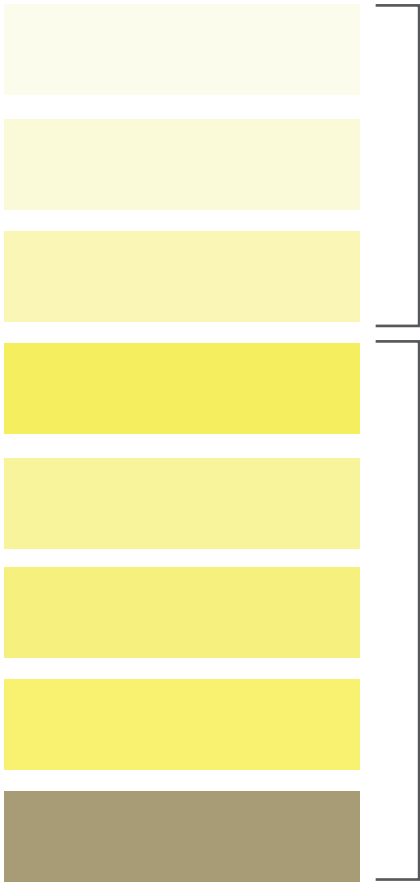
HYDRATION



Start hydrated, stay hydrated.
Thirst is not your guide.

Hydration Tips:

Drink 16 ounces of water 1 hour before exercise.
Drink 4-8 ounces of fluids every 15-20 minutes of exercise. 1-2 gulps = 1 ounce.
Drink plain water for events lasting less than one hour, sports drinks for events lasting over an hour.



HYDRATED

Check your urine color:

Lemonade color = hydrated
Apple juice color = dehydrated

This urine color chart provides a simple way to determine whether you are drinking enough fluids to stay hydrated. Match the color of your urine to the chart to the left.

DEHYDRATED

Important note: If you are taking a vitamin supplement or a multivitamin, some of the vitamins may cause urine discoloration for a few hours.

1st Choice! Water



- Essential part of the daily diet.
- Your body is 70% water.
- Adequate hydration necessary for normal cardiovascular, thermoregulatory and other physiologic functions.
- Cheap hydration source.
- Children should have free access to water at all times.
- Adequate hydration optimizes performance.
- Daily requirements effected by:
 - Exercise time.
 - Heat, humidity, sun exposure.
 - Individual sweat rates.

Comparison of Sports Drinks per Serving (240 ml, 8oz)

| Product | Calories | Carbohydrate | Sodium | Potassium | Vitamins | Other |
|-------------------------|----------|--------------|--------|-----------|-----------|---|
| Gatorade | 50 | 14 | 110 | 30 | -- | High fructose corn syrup |
| Gatorade Propel | 10 | 3 | 35 | -- | B's, C, E | Sucralose |
| Gatorade Endurance | 50 | 14 | 200 | 90 | -- | Calcium, magnesium |
| Gatorade G2 | 20 | 5 | 110 | 30 | -- | High fructose corn syrup, sucralose |
| Powerade | 78 | 19 | 54 | -- | -- | Iron, High fructose corn syrup, sucralose |
| Accelerade | 80 | 15 | 120 | 15 | E | Calcium, protein |
| All Sport Body Quencher | 60 | 16 | 55 | 60 | C | -- |

Ok Sometimes Sports Drinks



- Flavored drinks that contain carbohydrates, minerals and electrolytes (sodium, potassium, calcium, magnesium).
- Intended to replenish water and electrolytes lost from sweat during exercise.
- Too much calories and sugar can lead to dental cavities, weight gain and obesity.
- More expensive.
- Use for prolonged vigorous exercise.
- Usually unnecessary for the average child.

Avoid! Energy Drinks



- Contain non nutritive stimulants such as caffeine, guarana, taurine, creatine.
- Varying amounts of carbohydrates, protein, and electrolytes.
- Claim to enhance performance.
- Many side effects.
- More expensive.
- Not recommended for children.

Ok Sometimes Recovery Drinks



- Protein has been shown to enhance muscle recovery when ingested promptly after exercise.
- If a food source of protein is unavailable, an amino acid containing sports drink may be used.
- Chocolate milk is a good choice!

Comparison of Energy Drinks per Serving (240 ml, 8oz)

| Product | Calories | Carbohydrate g | Sodium mg | Vitamins | Caffeine mg | Taurine mg | Guarana mg | Other |
|----------------|----------|----------------|-----------|--------------|-------------|------------|------------|--|
| Java Monster | 100 | 17 | 340 | A, B's, C, D | Not listed | 1000 | Not listed | Inositol, ginseng, phosphorus, L-carnitine, glucuronolactone |
| Red Bull | 106 | 27 | 193 | B's | 77 | Not listed | 0 | Inositol, glucuronolactone |
| Monster Energy | 100 | 27 | 180 | B's, C | Not listed | 1000 | Not listed | Inositol, ginseng, L-carnitine, glucuronolactone |
| Power Trip | 100 | 26 | 190 | B's, C | 105 | 1000 | 23 | Inositol, glucuronolactone |
| Rockstar | 140 | 31 | 40 | B's | 80 | 1000 | 25 | Ginseng, inositol, ginkgo, L-carnitine |
| Full Throttle | 110 | 28 | 28 | B's | Not listed | 0 | 0 | None |



THE
INTEGRATED
GROUP