**HYDRATION**

**FACTS**
- 75% of your body is made up of water
- Losing 2% of your body weight in fluid can limit athletic performance
- Water is an important part of controlling body temperature
- Cardiovascular function is jeopardized with less O2 and nutrient-rich blood getting to muscle
- Water aids in the removal of waste from the muscle
- Risk of injury increases greatly with dehydration
- Cognitive process is decreased with dehydration

**How Do You Stay Hydrated**
- Drink before, during, and after practice or competition
- Replace every LB. lost from exercise by drinking 16 to 24 ounces of water
  - Carry a water bottle everywhere you go
    - Sip, sip, sip all day
  - Avoid Caffeine and carbonation
  - There is no replacement for water