

HYDRATION TIPS

Eileen Bowker, MA, ATC, provides these tips on how to keep hydrated to coaches and wrestlers at her presentations.

Two Days Prior to Testing

- Drink plenty of fluids throughout the day (water has no calories).
- Increase intake of foods high in fiber (such as salads, cereal, vegetables, and fruits)—which will help with the removal of excess weight from the body.
- Eat smaller, more frequent meals.
- Avoid foods high in fat (fried foods, meat, french fries, pizza).
- Avoid salty foods (potato chips, pretzels, tuna, crackers, soft drinks).
- Be sure you eat and drink—do not dehydrate!

One Day Before Testing

- Continue drinking fluids. Urine should be clear if you are fully hydrated.
- Continue eating fibrous foods to eliminate excessive waste from the body.
- Stay away from fatty foods and snacks.
- Avoid caffeinated drinks (coffee, tea, soda, etc.)
- Avoid any vitamins or mineral supplements.

Day of Testing

- Avoid caffeinated drinks.
- Drink about 17 ounces of fluid (a sports drink is an excellent choice).
- No vigorous activity on the day of testing.
- Avoid any vitamin or mineral supplements.

Related Links

THE IMPORTANCE OF STAYING HYDRATED:

http://www.platypushydration.com/importance_staying_hydrated.htm

STAYING HYDRATED AND HEALTHY:

<http://nl.home.lifefitness.com/content.cfm/waterstayinghydratedhealthy>

STAYING HYDRATED: http://www.kidshealthworks.com/topic.asp?topic_id=134