

# FLUIDS FOR JUNIOR SPORT.



## Water is the best drink to keep you hydrated

Tips for staying hydrated and improving sports performance:

- Sip regularly on water throughout the day
- Drink water after sport to help you rehydrate
- Always have your own water bottle on hand to sip from at drink breaks

## Dehydration

The following are some common signs of dehydration:

- Dizziness
- Poor co-ordination
- Feeling thirsty
- Nausea
- Dark urine
- Headaches
- Poor concentration
- Dry mouth and throat
- Muscle cramps

## Adequate fluid intakes for children



These recommended intakes include all fluids, but it is preferable that the majority of intake is from plain water. The exact amount of fluid a child needs depends on their body size, metabolism, the weather, the food they eat and their activity levels.

Source: Nutrient Reference Values for Australia and New Zealand, National Health and Medical Research Council, 2006

## Sugary drinks

Sugary drinks are best avoided because:

- They provide no nutritional benefit
- They are high in sugar and contribute to excess energy intake
- The intensity of exercise in junior sport is not significant enough to burn off the excess energy provided by sugary drinks
- The intensity and duration of junior sport does not warrant sports drinks

## To put things in perspective:



Alternatives to sugary drinks are water, low fat milk, low fat fruit smoothies and small serves of 99% fruit juice.

Source: Live Lighter



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E: [goodsports@adf.org.au](mailto:goodsports@adf.org.au)

1300 883 817  
[goodsports.com.au](http://goodsports.com.au)