



## ESSENTIALS

- Dehydration increases your core temperature, increasing the risk for cramps, fatigue and poor performance.
- Focus on fluids all day, every day, not just at game time.
- Check your hydration by noting your urine color
  - The lighter the better!
- Thirst is NOT a good indicator of hydration.
- Save sports drinks for training/games longer than 60 minutes, or in extreme heat.
- Water is best during most trainings.



## BEFORE EXERCISE

- START YOUR EVENT WELL HYDRATED
- DRINK 16-20 OZ AT LEAST 4 HOURS BEFORE TRAINING/GAME
- DRINK 8-12 OZ RIGHT BEFORE GAMETIME

## DURING EXERCISE

- DRINK 2-3 LARGE GULPS OF WATER OR SPORTS DRINK EVERY 15-20 MIN. DURING TRAINING

## AFTER EXERCISE

- REHYDRATE
- DRINK 16-24 OZ. OF FLUID PER POUND LOST WITHIN 2 HOURS OF EXERCISE
- INCORPORATE WITH POST-TRAINING RECOVERY SNACK

# HYDRATION CHOICES

## WATER

- Water is the least expensive and most accessible fluid during exercise.
- Water is appropriate during all types of exercise.
- Water may need to be supplemented with sports drinks during intense exercise that is greater than 60 minutes or intense exercise in the heat.

VS

## SPORTS DRINKS

- Sports drinks contain electrolytes, sugar and water, which are important nutrients that are lost during exercise.
- Sports drinks are recommended for use during intense exercise that is greater than 60 minutes or intense exercise in the heat.
- Children and younger athletes like the taste of sports drinks, this may lead to more fluid consumption and an increased hydration.



## Locations

### Emeryville

6121 Hollis St, Ste 2  
Emeryville, CA 94608

### Los Gatos

555 Knowles Dr  
Los Gatos, CA 95032

### Lucile Packard Children's Hospital Stanford

725 Welch Rd  
Palo Alto, CA 943048

### Palo Alto

730 Welch Rd  
2nd floor  
Palo Alto, CA 943048

### Pleasanton

5000 Pleasanton Ave, Ste 200  
Pleasanton, CA 94566

### San Francisco – Sutter Health CPMC

3801 Sacramento St  
2nd Floor, Ste 216  
San Francisco, CA 94118

### Sunnyvale – Motion & Sports Performance Lab

1195 West Fremont Ave  
2nd Floor  
Sunnyvale, CA 94087

### Walnut Creek – John Muir Medical Center

106 La Casa Via, Ste 240  
Walnut Creek, CA 94598

## Contact Us

Call (844) 41-ORTHO for appointments and more information, or visit us online at [ortho.stanfordchildrens.org](http://ortho.stanfordchildrens.org).