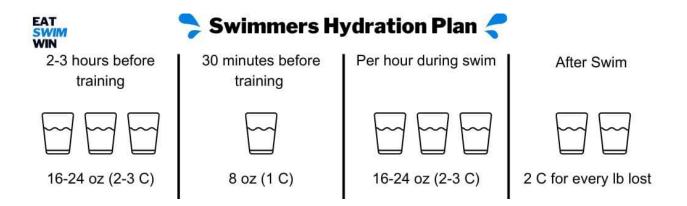
#### Hydration and our Swimmers

- Bring water or a sports drink to EVERY practice
- Incorporate foods rich in fluids
- Set a reminder to be prepared for practice.
- Hydrate Before, During and After practice

#### Why Hydrate

- Water is required by the body.
- Water is essential in the transportation of red blood cells throughout the body, as well as the formation of protein and glycogen.
- Hydration also helps regulate the body's temperature and helps lubricate joints, both of which are vital to success while swimming.
- It is recommended that swimmers drink at least 16 fluid ounces of water/sports drink two hours **prior** to practice/workout.
- It is recommended that swimmers drink 4-5 ounces every 15 minutes during workout.
- For workouts over 60 minutes, it is recommended that athletes consume electrolytes!
- When you sweat, you do not just lose fluid! You also lose electrolytes including sodium, chloride, potassium, calcium, and magnesium.





## **FOODS TO HELP HYDRATE SWIMMERS**

#### Hydrating foods:

- Soup
- Jello
- Ice pops
- Smoothies
- Coconut water
- Yogurt
- Fruits
- Vegetables

# Hydrating fruits

- Watermelon
- Strawberries
- Cantaloupe
- Pineapple
- Oranges
- Peaches

# Hydrating vegetables

- Cucumber
- Lettuce
- Celery
- Zucchini
- Bell peppers

### Hydrate The Healthy Way

https://swimswam.com/hydrate-the-healthy-way-hydration-for-swimmers/