



THE BEST SPORTS DRINK FOR YOUTH ATHLETES

5 WAYS WATER WINS

1

It keeps kids hydrated.

Drinking water throughout the day, especially before, during, and after practices and competitions, is the best way to keep athletes hydrated to perform their best.

BEFORE	DURING	AFTER
		
Drink 1 to 1 ½ cups (or 8-12 oz) of water 30 minutes before	Take water breaks every 15-20 minutes	Replenish with water after play to stay hydrated

2

Doctors recommend it.

Some coaches and parents think that the electrolytes in sports drinks are important for youth athletes, but the fact is, kids don't need sports drinks and **doctors recommend water**.*

Sports drinks were developed for *professional* athletes to help prevent severe dehydration and improve performance during extended competition. Kids don't have the same needs.

3

It beats out sugary beverages.

When kids stick to water, they avoid the **large amounts of added sugar** in drinks like iced teas, fruit drinks, coffee drinks, and sports drinks. Added sugar provides no nutritional benefit, and it's a big culprit in unhealthy weight gain.

4

It's kid friendly.

Studies show that when water is in plain sight, kids drink more. Make sure your athlete has a water bottle with them throughout the day so they can come to practices and games well hydrated.

Athletes should bring at least **2 full water bottles** to every practice and competition so they don't run out. Consider volunteering to bring extra water for the team, so every player can refill.

5

It's free.

Sticking to tap water **saves money and time** at the store.

For a simple, inexpensive twist to plain water, try adding fresh or frozen fruit, like lime wedges or frozen berries.

Find more tips, trainings, and resources on promoting healthy youth sports at www.CoachingHealthyHabits.org

