



Hydration

Time Taken:
15 Minutes



Objectives

To learn more about Hydration.



Step 1

What is Hydration?

Tell participants that this week's topic is hydration.

Hydration means how much water is in our bodies.

Over half our body is made up of water!

It is really important to have enough water in our bodies to stay healthy especially when we are exercising.



Step 2

Dehydration

Dehydration is when we do not have enough water in our bodies to be healthy.

Causes

Ask participants what kind of things would cause us to be dehydrated?

Ensure that the following answers are included:

- 💧 Hot weather.
- 💧 Exercising.
- 💧 Sweating.
- 💧 Forgetting to drink regularly during the day.








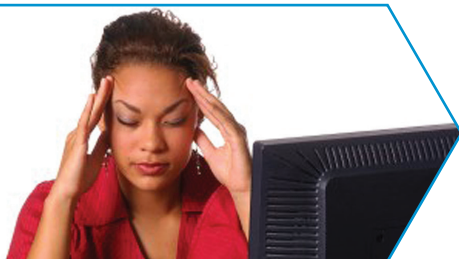


Explain to athletes that when the weather is hot or when we do a lot of exercise our bodies lose water through sweat and when we go to the toilet. It is very important to replace this lost water to ensure our body stays healthy. It is important for everyone to be able to recognise the signs of dehydration.

Signs

Ask athletes how would we know we are dehydrated?

-  Thirst.
-  Feeling tired.
-  Loss of appetite.
-  Dark coloured urine.
-  Muscle cramps.



Step 3

What to Do

What should we do if we become dehydrated?

- 💧 Drink water.
- 💧 Rest.

Best foods for hydration: Water is the best choice!

You can also use these drinks if you are exercising a lot

- 💧 Isotonic sports drink.
- 💧 500ml fruit juice + 500ml cool boiled water + 1g salt.
- 💧 200ml fruit squash + 800ml cool boiled water+ 1g salt.

Remember:

Fizzy drinks and drinks which are high in sugar are not suitable for hydrating.





Top tips for drinking water!

- 💧 Always carry water with you and sip throughout the day.
- 💧 If you don't like the taste of water mix it with a little of your favourite juice for a refreshing drink.
- 💧 Drinking little and often is better than lots in one go
Remember drinking water throughout the day will help you avoid being dehydrated.
- 💧 Add fresh fruit or natural flavourings to water, for example lemon, lime, strawberries, fresh basil or cucumber.

Step 4

Task Time

This week's task is for everyone to try and drink one extra bottle of water each day. Show participants the Food and Water Diary and ask them to keep track of how much water they drink. At the next session we can see if everyone is drinking enough water!

