

Why Water?

Drinking water helps you stay healthy and do your best in Special Olympics competitions. Drinking water also:

- Helps you digest food.
- Helps your body get vitamins and minerals out of the foods you eat.
- Keeps you cool when it's hot or you are exercising hard.
- Helps you stay in a good mood.

Are You Thirsty Right Now?

If you feel thirsty right now, you need to drink a big glass of water. If you are thirsty now and don't get water by drinking or eating, you will:

- Feel more thirsty.
- Be grumpy.
- Feel tired.
- Do poorly at your sport in practice or competition.
- Be sleepy.
- Feel sick to your stomach.
- Have a hard time problem solving.
- Be forgetful.



Special Olympics

Healthy Athletes
Health Promotion

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Healthy Athletes



GO TO THE

Water, Water Everywhere!!

It's easy to get more water for your body. You can drink it from a fountain, in fruit juice, or get some from the food you eat. Here are some foods and drinks that have a lot of water in them:

- Water
- Juice (fruit or vegetable)
- Popsicles
- Ice or snow cones
- Sport drinks
- Fruit (cantaloupe, grapes, oranges)
- Vegetables (carrots, celery, potatoes, cucumbers)
- Herbal tea

Some foods use up water you have in your body after you eat them. These foods are not the best choice if you need more water or are in a competition. Some of these foods are:

- Drinks with caffeine: sodas, coffee, tea (such as English breakfast tea)
- Drinks with a lot of sugar
- Baked foods such as bread, cake and cookies
- Beer, wine or liquor

How Much Water?

A good goal is to drink 8 - 10 glasses of water a day. When you have Special Olympics practice or games, you need to drink even more.

What does 8 - 10 glasses of water look like?

- 4 - 6 small bottles of water or 1 big one
- 8 - 10 fist-sized glasses of water

Drink to Compete!

When you are at a Special Olympics competition, it is very important to drink enough water so you can do your best. Here are some guidelines for drinking water when you are at a competition.

Drink:

- 2 cups of water 2 - 3 hours before the event
- 1 cup of water 1 hour before the event (Be sure to go to the bathroom within 30 minutes of your event)
- $\frac{1}{2}$ cup of water 15 minutes before the event
- $\frac{1}{2}$ cup of water every 15 - 20 minutes for events that last more than 30 minutes (soccer, floor hockey, basketball, long-distance running)
- 2 cups of water for every pound of weight lost at the end of the event.

If you use a sport bottle that you fill with water each day, wash it well before refilling it whenever you can.