

Hydration

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance.

Your goal with FIT 5 is to drink 5 bottles of water every day!

Your bottle should be 16-20oz or 500-600ml



TIP:

Drink out of a sports water bottle to track your Fit 5. Sports bottles are refillable and can hold 16-20oz or 500-600ml of water.

Signs of Dehydration



Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well. **This is called dehydration.**

Signs of Dehydration:

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

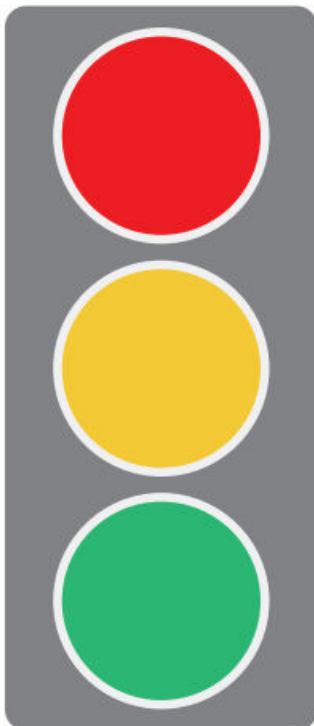
Did you know that dehydration of 1-2% of your body weight can decrease your sports performance?



Healthy Beverage Choices



There are many beverage options available, but some of them are healthier choices than others. **This guide can help you make the best choices to stay hydrated and perform your best.**



Sodas, energy drinks, and sports drinks are NOT good beverage choices.

Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.



Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts.

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.



Water is the best choice for a beverage!

Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.



Reach Your Fit 5 Hydration Goal



Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.

