

DON'T FALL VICTIM TO THE HEAT!

PROPER CLOTHING

- Loose fitting, lightweight, light-colored clothing
- Remove football helmet and pads during breaks, whenever possible

PROPER DIET

- Eat 6-8 servings of fruits and vegetables every day
- Eat fewer fatty, greasy foods
- DO NOT USE SALT TABLETS

WHAT TO DRINK

- Only noncarbonated beverages before and during exercise
- Only caffeine-free beverages before and during exercise
- Sports drinks when exercise lasts longer than one hour or during two-a-day practices

HOW MUCH TO DRINK

- A minimum of 8-10, eight ounce glasses of fluids every day
- At least 2, eight ounce glasses of fluids during the two hours before exercise
- At least 1, eight ounce glass of fluids every fifteen minutes while exercising
- At least 3, eight ounces glasses of fluids for each pound lost during exercise

MONITORING FLUID LOSS

- Weight charts
 - Weigh in before and after practice to know how much to drink before the next practice
 - Each pound of weight lost during exercise equals the need to drink 3, eight ounce glasses of fluids
- Urine color charts
 - The more clear the urine, the more hydrated the athlete!