

# Keeping pace with your fluid needs

## GENERAL HYDRATION

Water is an essential part of the diet and should be consumed in amounts to support a healthy and functioning body. Water **should be** your main drink choice especially when you're participating in sport. The consumption of drinks that contain added sugars, such as soft drinks, cordials, fruit drinks, vitamin waters, energy and sports drinks are not recommended as a regular drink choice.

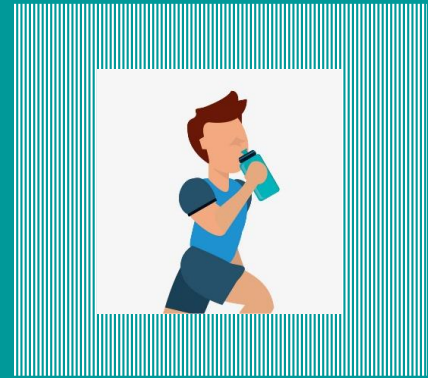


## REHYDRATION

Water is an adequate choice to support hydration. It is important that you consume water before, during and after training and competition to keep pace with fluid losses. Fluid intake is best spread out across the day rather than in large volumes at one time. During nipper carnivals where you are participating in high intensity events across the day you might require extra fluids. As fluid and salt losses from sweat are greater during high intensity exercise, sipping on water more frequently throughout the day and eating small snacks (e.g. yoghurt, banana, cheese and crackers, homemade savory muffin) will support rehydration and provide energy to perform your best. Nippers should be discouraged from consuming carbonated and sugar containing drinks (e.g. soft drink, energy and sports drinks) when exercising.



For information on hydration for surf lifesaving go to:  
<https://www.sportsdietitians.com.au/>



## THINGS TO CONSIDER

- Your hydration needs will depend on your sweat losses which will vary with the amount of exercise you do.
- Both thirst and the colour of your urine can be used as indicators of hydration levels.
- If your thirsty and your urine is dark in colour, it's likely you aren't drinking enough!!
- One simple way to stay hydrated is by carrying a drink bottle with you at school, training and during weekend activities.
- You shouldn't wait until you are thirsty to drink water. Thirst is usually the first sign of dehydration.



## THE BEST CHOICE FOR REHYDRATION IN SPORT

Milk provides a great nutrient dense drink to rehydrate after exercise. Milk drinks provide both protein and carbohydrate which are important for nippers to support refueling for performance. Having a source of protein after strenuous exercise can support faster muscle recovery. Milk is also a great source of calcium to build and maintain healthy bones. Low-fat milk choices are the best choice for nippers (e.g. Glass of plain milk, small (200ml) flavoured milk, 1 x 250mL reduced sugar Up & Go).