




# THE BEST SPORTS DRINK FOR YOUTH ATHLETES: 5 WAYS WATER WINS

1

## It keeps kids hydrated.

Drinking water throughout the day, before coming to practices or games, is the best thing youth athletes can do to stay hydrated.

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| <br><br><p>1 to 1 ½ cups of water<br/>(8-12 oz) 30 minutes<br/>before practice or<br/>games.</p> | <br><p>20 <br/>MINUTES</p> <p>Water breaks about<br/>every 15-20 minutes<br/>during practices or<br/>games.</p> | <br><br><p>Replenish with water<br/>after play to stay<br/>hydrated.</p> |
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2

## It's kid-friendly.

Water is great for kids- unlike sports drinks, which were developed for *professional, adult* athletes to help prevent severe dehydration and improve performance during extended practices and games.

Some coaches and parents think that youth athletes need sports drinks because they contain electrolytes, but the fact is, kids *don't* need sports drinks and doctors recommend water.\*

4

## It's just about everywhere.

Studies show that when water is in plain sight, kids drink more. Make sure your athlete has a water bottle with them throughout the day so they can come to practices and games well-hydrated.

Athletes should bring at least 2 full water bottles to every practice and game so they don't run out. Consider volunteering to bring extra water for the team, so every player can refill.

3

## It beats out sugary beverages.

When kids drink water, they avoid the large amounts of added sugar in common beverages like iced-teas, fruit drinks or sports drinks. Added sugar *won't* help kids perform their best, and it's a big culprit in unhealthy weight gain.

5

## It's free.

By sticking to water, you can save money you'd spend on other drinks and put it toward your team, instead.

For a simple, inexpensive twist to plain water, try adding fresh or frozen fruit like berries or lime wedges.

For more information on promoting healthy habits in youth athletes, visit [www.healthykidshub.org/Coaches](http://www.healthykidshub.org/Coaches).

\*American Academy of Pediatrics, 2011



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