

WATER

Water ~ 75% of Americans are chronically dehydrated. {This likely applies to half the world's population.} In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study. A lack of water is the number one trigger of daytime fatigue. Preliminary research indicates that eight to ten glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers. Drinking five glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Water also transports nutrients, oxygen and waste products throughout the circulatory system and is necessary for bodily functions. Everyone should drink at least six to eight glasses of fluids daily.

Fluids are an extremely important part of a soccer player's diet. You need fluids to regulate your body temperature and prevent over-heating. Drinking more fluids rather than fewer can help prevent over-heating. Fluids can include water, juices, or sports drinks. If large amounts of sweat are lost during soccer training and competition, you may become dehydrated which can cause poor performance and increase your risk of



heat-related illness. By the time you're thirsty, you've already lost important fluids and electrolytes and might be dehydrated. So remember to stick to the golden rule - drink before, during and after activities.

Even *mild* dehydration will slow down one's metabolism as much as 3%. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic tactics, and difficulty focusing on the match or on ball skills. Soccer players should drink fluids before, during, and following training and competition to reduce dehydration. Frequent urination is a better sign than thirst that you have had enough to drink. When you play soccer you work up a sweat! That means you're going to lose fluids fast. Research shows that if you put those fluids back, you feel re-energized and can keep playing. Remember these guidelines when preparing to play. Based on your size, you may need to drink more—but always drink until you're satisfied—and remember to take a few extra gulps for added power.

Before a match: 4 to 8 ounces

During a match: 4 ounces every 15 to 20 minutes

After a match: 16 ounces

Drink plenty of fluids like Gatorade and water the night before and the morning of the game to keep well hydrated. The faster your body can soak up fluids, the quicker you will be re-energized and back in the match! Research shows that a sports drink like Gatorade puts back the fluids and electrolytes you lose during training or play. Consumption of fluids or

foods containing moderate levels of carbohydrate and salt will help you recover from training and/or competition.

A simple way to determine how much fluid to drink is to weigh yourself before and after a workout or match to find out your “sweat rate.” The weight loss will be almost entirely the amount of fluids that should be replaced. Drink at least 16 ounces for every pound you lose during activity. Also take the pinch test. Put your hand in front of you (palms down) and pinch the skin on the back of your knuckles. If you are well hydrated, the skin should snap back when you let go. If it stays pinched for several seconds, you may need fluids.

FRUIT JUICES---Fruit juices are good for you, but they're not the best choice during activity. Because fruit juices are high in sugar, they may slow down absorption and even give you a stomachache.

SOFT DRINKS---Forget the fizz on the field! Carbonated drinks may prevent you from chugging down enough fluids to quench your thirst and keep you in the match. Their sugar content can also increase the chance of a stomachache during activity.

Fluid Replacement Tips

- I. **Cold beverages** empty from the stomach into the intestine faster than warm or hot beverages.
- II. **Caloric density, sodium content, acidity, and temperature** of the fluid are all factors affecting the gastric emptying rate (the rate at which fluids are emptied from the stomach into the small intestine where they are then absorbed into the bloodstream.)
- III. The best way to drink a lot of fluids is to carry a **plastic water bottle** with you at all times. Fill the bottle with water or with a nutrient dense beverage (diluted fruit juices or Gatorade.) Take a squeeze bottle filled with a cold drink to training sessions and matches.
- IV. **Caffeinated beverages (coffee, tea, and soft drinks) and alcohol** should be used with caution because they are diuretics which can cause dehydration.
- V. Despite popular belief, **drinking beer** is not a good way to carbo-load, of the 150 calories in a 12-ounce serving of beer only 50 calories are from carbohydrate --33%. No alcohol should be consumed before or during an event. Save the moderate intake of alcohol until after exercising. For one beer you drink, try drinking two cups of water.

VI. **What fluid is best for the athlete?** The athlete should consume a beverage that taste great, does not cause stomach cramps or diarrhea, and enhances absorption and performance; fluid intake is all a matter of personal preference; what works for one athlete may or may not work for another athlete.

Are you drinking the amount of water you should every day?

References:

GATORADE ~ Hydration Tips & Tools to Cool & Fuel

Nutrition, Training, and Injury Prevention, A Guide for Soccer Players – American College of Sports Medicine

Eat To Compete, The Athlete's Sports Nutrition Program – Nutrition Education Services, Inc.