



# REDS INTHE COMMUNITY

## BARNSLEY FOOTBALL CLUB SHADOW SCHOLARSHIP

### HYDRATION FACT SHEET



Water is the single most important component of everyone's diet, so it is important that we understand correct hydration is essential to a person's health and wellbeing. Dehydration is defined as the loss of water and salts needed for normal bodily function. Therefore, dehydration can affect your football performance as well as daily life. Fluids help to maintain energy levels, regulate body temperature and also flush waste product out of the body. Due to the physical demands of exercise and the number of hours we spend active, we should look to consume a minimum of 2-3.7 litres of water per day to meet our daily demands.

Below are some easy tips of how to stay hydrated.

#### Water:

Consuming 3.7 litres throughout the day can be a tough ask, invest in a large durable, water bottle and carry it everywhere. From here it easier for you to take regular drinks to keep the body hydrated.

#### Eat:

Eat large amounts of fruits and vegetables, they contain more water than most other foods. A diet of fruits and vegetables such as apples, oranges carrots & cucumber. These are also great for snacks between meals.

## Drinks to Avoid:

**Soda and Fruit Drinks-** Contain large amount of sugar to your diet while adding little to no nutritional value.

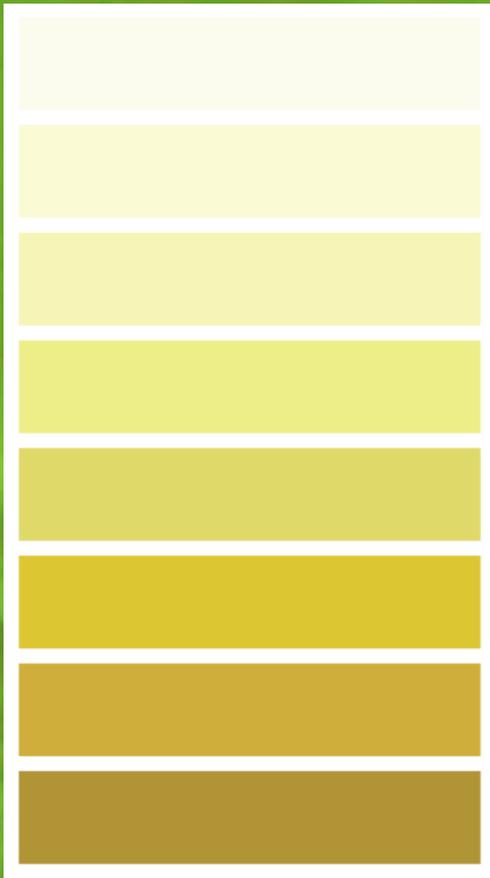
**Fruit Juice-** Okay in moderation, High in sugar, drinking water while eating fruit is a better option.

**Sports Drinks-** Sports drinks such as Lucozade and Gatorade should only be consumed before, during and after INTENSE periods of exercise only.



## Am I hydrated?

1  
2  
3  
4  
5  
6  
7  
8



### HYDRATED

Pale, odourless and plentiful urine is often an indication that you are well hydrated. Keep drinking at the same rate.

### MILDLY DEHYDRATED

Slightly darker yellow urine can indicate that you need to drink more water. Drink a glass of water now.

### DEHYDRATED

Medium-dark yellow urine is often an indication that you are dehydrated. Drink 2-3 glasses of water now.

### SEVERELY DEHYDRATED

Darker, strong-smelling urine in small amounts can be a sign of dehydration. Drink a large bottle of water immediately.

Looking at your urine colour and comparing to a urine chart can be used as a quick guide to see if you are properly hydrated.

Isolation will become a tough experience for many, if you require any advice or guidance on any of the above please don't hesitate to contact me at [joe.bedford@barnsleyfc.co.uk](mailto:joe.bedford@barnsleyfc.co.uk)