

# Drink Up!

## Drink up to feel your best!



Often children and teenagers do not drink enough fluids. Dehydration can occur when fluid needs are not met.

Some symptoms of dehydration are:

- feelings of the heart beating faster or out-of-rhythm, or squeezing harder
- feeling dizzy or having vision changes when going from sitting to standing
- headaches
- feeling tired with low energy levels or low exercise abilities
- fainting and blacking out
- feelings of shortness of breath.

## Drink up to be your best!



**Recommendations:** Carry a water bottle!

- Drink 80-100 ounces (or around 2.5 liters) daily.
- Drink mainly water and white milk.
- Do not drink soda, caffeinated tea or energy drinks. Those drinks will make you more dehydrated.
- Drink one large glass of water or milk with breakfast.

## Drink up to play at your best!



Drinking is even more important for athletes. Dehydration can lead to lower sports performance.

- Drink an extra 16-20 ounces of water for every hour of activity.
- Try to avoid sports drinks due to high amounts of sugar.
- Drink throughout the day, during and after practice so you can play your hardest.



# Drink Up!

How much you drink now: \_\_\_\_\_

How much more you need: \_\_\_\_\_



**Ward Family Heart Center**

CHILDREN'S MERCY KANSAS CITY