

Hydration

Description: Hydration is the process of replacing water in the body. You will learn the importance of staying hydrated (drinking water) during physical activities.

Activity: Complete the worksheet discussing the importance of staying hydrated. Calculate how many ounces of water you should drink each day. (For example: if you weigh 90 pounds, $90/2 = 45$ ounces of water). Use the hydration log to mark off how many ounces of water you drink and answer the questions below.

Key concept: 8 ounces = 1 cup; 64 ounces = 8 cups = 1/2 gallon

Hydration log (each drop = 1 cup)



Young Athlete

Weight 80 pounds
Recommended water
Intake: 8-10 cups of water per day



Average Pro Soccer Player

Weight 160 pounds
Recommended water
Intake: 16-20 cups of water per day



1. Why is water important?
2. How do you know you're getting enough water?
3. Signs of dehydration:
4. Tips for staying hydrated:
5. Why is it important to drink water before, during, and after playing soccer?
6. What units of measurement can be used to measure the amount (volume) of water?
7. If a soccer player has a 24-ounce bottled water, how many ounces should she drink if she wants to drink $\frac{1}{2}$ of it?

