



“EATING TO IMPROVE”

HYDRATION

Before a game (3 - 4 hours before) drink 5 to 7 ml of liquid per kg of weight (for 65 kg, consume 455 ml of liquid).

HYPOHYDRATION & PERFORMANCE IN TEAM SPORTS

SOME INDIVIDUALS AT MORE RISK THAN OTHERS?

AEROBIC PERFORMANCE	● ● ●
CARDIOVASCULAR STRAIN	● ● ●
GLYCOGEN UTILISATION	● ● ●
COGNITIVE PERFORMANCE	●
FINE MOTOR PERFORMANCE	●
SKILL PERFORMANCE	● ●
HEAT STROKE	●
HEAT EXHAUSTION	● ● ●
BODY TEMPERATURE	● ● ●

KEY	EVIDENCE LEVEL	Visual Representation
EARLY EVIDENCE	EARLY EVIDENCE	●
EMERGING EVIDENCE	EMERGING EVIDENCE	● ● ●
STRONG EVIDENCE	STRONG EVIDENCE	● ● ● ●

Calculate how much liquid you should consume before a game.

Do you drink what is indicated?

How much do you need?

What must you do to reach the goal?

