

Make Your Active Child a Water Warrior

We all want our kids to perform at their best, and proper hydration is key for peak performance at practice and on game day.

Water is cool

Water is the best way for active children to stay hydrated before, during and after physical activity. Encourage your child to drink 4-8 ounces of water every 15-20 minutes during physical activity. Children may not notice they are thirsty because they are too busy having fun!

Ways to make water fun

- Use a reusable water bottle in a fun color (i.e., your favorite team colors).
- Have your child decorate his own water bottle.
- Try adding fruits to water, such as lemon or orange slices, to add flavor.



The truth about sports drinks

Many kids ask for sports drinks and energy drinks because they promise to improve performance. It is important to teach kids that practice and hard work will help them to get better at sports, not relying on special drinks.

When to use sports drinks

Sports drinks can provide a quick energy source and encourage hydration. However, they should only be considered for children who are participating in vigorous aerobic activity for longer than 60 continuous minutes, especially if that activity occurs in hot and humid weather. **For example:** competitive soccer or tennis and football training in summer months.

Dump the sugar

It is important for kids to avoid sugary drinks such as soda, juice, juice drinks, flavored water, and energy drinks. These add extra sugar and empty calories, and provide little nutritional value. Sugary drinks can also cause an upset stomach during physical activity. Sports drinks can be considered a sugary drink and should only be used in very specific instances.

Nix the energy drinks

Water is best for your young athlete. Kids and teens should never drink energy drinks.

Get the facts

- One 20 oz energy drink can have 14 teaspoons of sugar, and as much caffeine as seven or more cans of soda.
- Energy drinks may have herbal ingredients that have not been proven to be safe for children.

Want more ideas for ways to get your family healthier? Visit strong4life.com for fun recipes and quick tips.



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