

HEALTHY CHOICES

FACT SHEET: HYDRATION FOR JUNIOR AFL FOOTBALL



We all know how important it is to eat the right foods so that we have enough energy to play football, but it is also very important that we drink enough water too.

When we play sport, we get hot. To cool the body down, we sweat. This results in a loss of fluid from the body. If we lose too much fluid through sweating, we become dehydrated which can affect our coordination and ability to stay focused during football. Additionally, our muscles are 75% water, if they are not hydrated, they will not work properly.

Water is the clear winner for hydration in football

Sugary drinks, like sports drinks, juice and cordial are not required for football. Water is the perfect choice for training and game day.

Follow these 3 important steps when playing football

Drink regularly throughout the day by including water with all meals and snacks to ensure you arrive to training/game day well hydrated

1. Drink water regularly throughout the day by including water with all meals and snacks
2. Drink small amounts of water regularly during exercise to avoid dehydration
3. Consume water with foods containing carbohydrate and protein after exercise to assist in rehydration and recovery

Good Healthy Choice recovery options for eating and drinking after football include

- Cereal + Reduced Fat Milk + Fruit + Water
- Fruit + Reduced Fat Yoghurt + Water
- Lean Meat & Salad Wrap + Corn Cob + Water
- Meat & Vegetable Soup + Roll + Water
- Toasted Sandwich with Baked Beans + Fruit + Water
- Baked Potato with Lean Meat, Vegetables & Reduced Fat Cheese/Natural Yoghurt Topping + Water

Now that you know about the benefits of water for playing sport why not challenge your family, teammates, coach or club to choose water too.

Visit the H₂O Challenge webpage to find out more

www.h3Ochallenge.com.au