

# WISCONSIN WRESTLING

## MINIMUM WEIGHT PROJECT



## The Wrestler's Drinking Guide

### ***Your muscles need water to stay stronger longer.***

Water is the **most** important nutrient in an athlete's diet.

- Depriving your body of water affects your performance.
- When you're dehydrated, your muscles lose **power** and run out of steam sooner.
- A dehydrated body is more likely to **overheat** during exercise.

### ***What happens if I dehydrate myself to "make weight", but then drink a lot of water before I compete?***

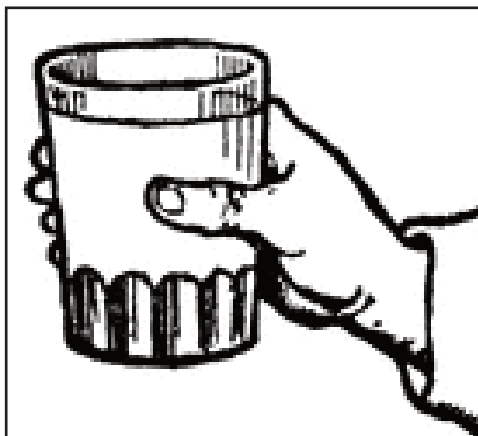
Unfortunately, the time between weigh-in and competition is **not long enough** to totally rehydrate.

Say you lose 4 pounds in water weight (this is equal to 4 pints of fluid). Your body can only absorb 1 to 2 pints (2 to 4 cups) per hour, so you will still compete in dehydrated state.

### ***Are You A Quart Low?***

You can become dehydrated quickly during long work-outs, especially in hot weather. If you lose too much body water, you'll notice these symptoms:

- rapid weight loss
- dark and concentrated urine
- small amounts of urine
- elevated heart rate, headaches or dizziness.



You should be aware of these symptoms because you can become dehydrated without knowing it's happening. **Thirst** isn't always a reliable signal for how much water your body needs.

**Water** is great for keeping your body hydrated. But you'll prob-

ably drink more fluid when you chose something flavored, like apple juice or sports drinks. So drink whatever **tastes good** and you'll probably drink more of it.

You can use sports drinks like Gatorade® anytime, but they are formulated mainly for drinking **during** exercise. sports drinks are mostly water, but do provide a small amount of sugar for energy.

Juices are higher in calories than sports drinks. If you want a fluid that can give you energy for a match in a few hours or to provide extra calories when you're hungry, juice is a good choice.

If you're training hard and need to replace water losses **during** your workout, juices are concentrated and may not settle well in your stomach. Sports drinks or water are your best bets just before or during exercise.



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## **Guidelines for staying hydrated:**

● **“Think to Drink”**. Your thirst mechanism isn’t very sensitive, so **drink on a schedule** if you’re exercising for more than 30 minutes.

- ☛ If you’re exercising for **less than 30 minutes**, be sure to drink water before and after your workout to replace water lost as sweat.
- ☛ If your workout lasts for **30 to 90 minutes**, you’ll need to drink 1/2 to 1 cup water every 15 to 20 minutes to replace fluid as you’re losing it and to keep your body well hydrated for a productive workout.

● Don’t try to “make weight” by dehydrating yourself.

● Drink fluids you **enjoy**. If you like the taste, you’ll probably drink more.

● Drink **caffeine-free fluids** because caffeine causes your body to lose extra fluid. These drinks have caffeine:

Coffee	Colas	Cocoa
Dr. Pepper	Mt. Dew	Tea

Remember, water has no calories so it won’t affect your efforts to lose body fat. However, a pint of water weighs a pound. So, if you have achieved your goal weight, limit beverages just before weigh-in. Every pint you put in your body will tip the scale another pound!

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## **Beverage Choices**

<b><i>Beverage</i></b>	<b><i>Calories per cup (8 oz.)</i></b>
Water	0
Gatorade®	50
Exceed®	70
Kool-aid	100
Soda	100
Orange Juice	110
Apple Juice	110
Fruit Punch	120
Lemonade (from frozen)	130
Grape Juice	155