

Homemade Sports Drinks

For greater stamina in events, athletes can drink a mixture of 1/2 water and 1/2 fruit juice. This mixture is about half the cost of commercial sports drinks.

Sports drinks with sodium are not necessary. The concentration of sodium in the blood actually increases naturally as an athlete sweats. Sodium needs are easily met with the foods athletes eat.

Slam Dunk*

1 cup cranberry juice cocktail
1/2 cup lemonade
1 1/2 cups water



*This is only one combination, any juice (or juice drink) combination or single juice may be used with water.

An athlete can sweat away as much as 6 cups of body fluid in one hour of competition, and this amount can double in hot, humid weather. Losing just 1 to 2 percent of body weight can cause a loss of concentration, coordination, strength and stamina (for a 150 pound athlete this is just 1 1/2 to 3 pounds).

Athletes should enter events (and practices) well hydrated by:

- ♦ Drinking 2 cups of water 2 hours before an event.
- ♦ Drinking 1 to 2 cups of water 5 to 15 minutes before an event. (or a homemade or commercial sports drink to provide energy for sports performance)

During an event, athletes should:

- ♦ Drink 1/2 cup or more of a cool fluid every 15 to 20 minutes. (water if the event lasts less than 60 continuous minutes—a homemade or commercial sports drink if the event lasts longer than 60 continuous minutes)

Before and after events:

- ♦ Athletes should weigh themselves and drink 2 cups of fluid for every pound lost as quickly as they comfortably can.