

# Ponderosa Sports Medicine

7007 East Bayou Gulch Road, Parker, CO 80134

## Hydration Game Plan

### Avoid:

- Juices
- Soda pop
- Supplements
- Energy drinks

### Notes:

- Nothing is better than Gatorade for hydration
- Fruits and vegetables hold water in your system
- Salty snacks will stimulate your thirst mechanism plus the salt will hold water in your system

| 48 Hours  |                |                        |
|-----------|----------------|------------------------|
| Breakfast | 32 oz Gatorade | Salty Snacks           |
|           | 32 oz H2O      |                        |
| Lunch     | 32 oz Gatorade | Salty Snacks           |
|           | 32 oz H2O      |                        |
| Dinner    | 32 oz Gatorade | Raw Fruit +<br>Veggies |
|           | 32 oz H2O      |                        |
| Snack     | 64 oz Gatorade | Raw Fruit +<br>Veggies |

## 24 Hours

|                  |                |                        |
|------------------|----------------|------------------------|
| <b>Breakfast</b> | 32 oz Gatorade | Raw Fruit +<br>Veggies |
|                  | 32 oz H2O      |                        |
| <b>Lunch</b>     | 32 oz Gatorade | Raw Fruit +<br>Veggies |
|                  | 32 oz H2O      |                        |
| <b>Dinner</b>    | 32 oz Gatorade | Raw Fruit +<br>Veggies |
|                  | 32 oz H2O      |                        |
| <b>Snack</b>     | 64 oz Gatorade | Salty Snacks           |

## Game Day

|                  |                               |                              |
|------------------|-------------------------------|------------------------------|
| <b>Breakfast</b> | 32 oz Gatorade                | Raw Fruit +<br>Veggies       |
|                  | 64 oz H2O                     |                              |
| <b>Lunch</b>     | 64 oz Gatorade                | Raw Fruit +<br>Veggies       |
|                  | 64 oz H2O                     |                              |
| <b>Dinner</b>    | 64oz H2O                      | Salty Snacks<br>Salty Snacks |
|                  | 32 oz Gatorade w/Electrolytes | Salty Snacks                 |