

Hydration Tip Sheet

Sample handout for wrestlers

Wrestlers:

The following are tips that will help wrestlers report to body fat testing properly hydrated.

Two days prior to test day:

- **Drink plenty of fluids throughout the day, (Water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day**
- **Increase intake of foods high in fiber- this will help with removal of excess waste from body. (salad, cereal with skim milk, vegetables, fruits, etc are examples of foods high in fiber)**
- **Eat smaller, more frequent meals**
- **AVOID foods high in fat (fried foods, meat, french fries, pizza, nuts, salad dressings, etc.)**
- **AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)**
- **Be sure that you eat and drink, do not dehydrate!!!**

One day before test:

- **Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated**
- **Eat smaller, but more frequent meals. Continue eating fibrous foods, to eliminate excessive waste from body**
- **Fatty foods/snacks will stay in your body – STAY AWAY**

Day of test:

- **Eat small portions, eat a very light lunch (if afternoon testing)**
- **Eat lighter foods such as fruit, grains, etc.**
- **Continue to drink water**
- **Do not drink salty drinks such as Sodas, Gatorade or Powerade, etc... This may cause you to retain fluid**
- **Urinate as frequently as possible throughout the day until one-two hours prior to test time**
- **Use the bathroom (defecate) before the test**
- **Please be ready to urinate for hydration testing**