Good hydration means getting the right amount of water before, during, and after exercise. Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and keep you healthy.

Athletes see a significant decline in their athletic performance from dehydration. Dehydrated muscles are not able to react and contract as quickly and efficiently as a well-hydrated muscle. Additionally, the brain may become confused and decision-making more difficult. The heart has to work more to pump blood throughout the body, causing an increased pulse and faster breathing.

To maintain optimal hydration throughout the day, young athletes should drink $\frac{1}{2}$ to 1 ounce of water per pound of body weight. To maintain peak performance during exercise, minimize water weight loss to no more than 2% of your body weight.

Whether you’re a Major League Player or just playing Wiffle ball in the backyard, it is important to stay hydrated.