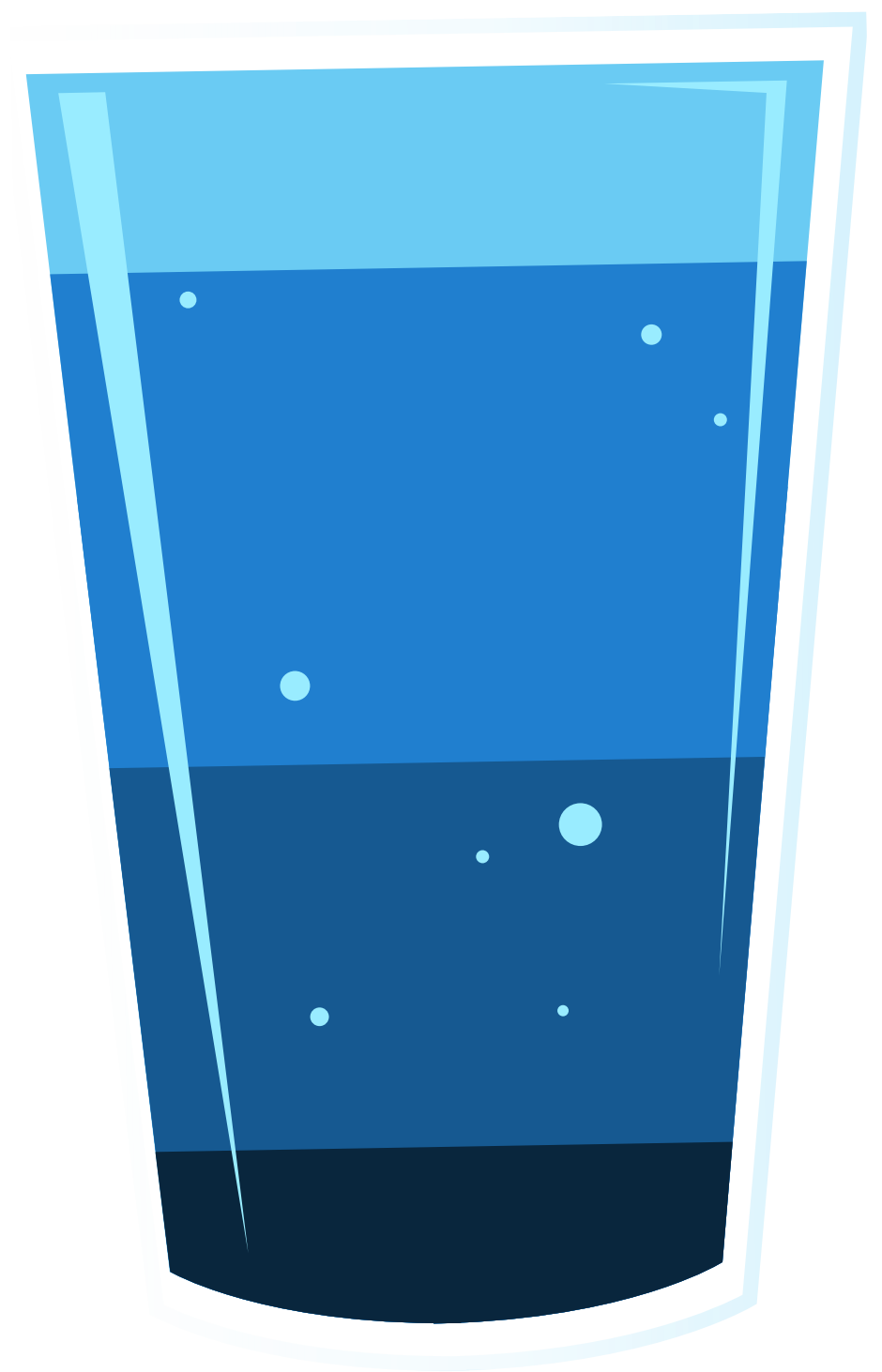


BEAT THE HEAT!

YOUR ULTIMATE PICKLEBALL HYDRATION GUIDE

As the summer heat intensifies, staying hydrated is crucial to maintain your peak performance on the pickleball court. Don't let dehydration and cramping hold you back from dominating your next match or tournament. **Follow these simple yet effective hydration tips to stay cool, energized, and focused.**



PRE-MATCH HYDRATION

- **4 hours Prior:** Drink 5-7mL/kg (0.08-0.1 oz/lb) of fluids
- **2 hours Prior:** Drink 3-5mL/kg (0.05-0.08 oz/lb) of fluids
- Include electrolytes such as *sodium*, *chloride*, and *potassium* to replenish lost minerals

DURING THE MATCH

Use this easy formula to stay hydrated:

$$\frac{\text{Bodyweight (in pounds)}}{30} = \text{ounces of fluid to consume every 10-15 minutes}$$

For example, if you weigh 200 pounds, **aim to drink 6.6 ounces of fluid every 10-15 minutes.**

TIP Adjust your fluid intake based on the environmental conditions. If it's hot and humid, drink more!

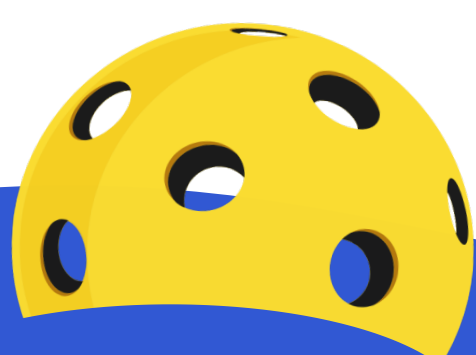
POST-MATCH RECOVERY

For every pound of body weight lost during the match, replenish with 16-24 ounces of fluid to ensure proper rehydration and recovery.

Stay ahead of the game this summer by implementing these hydration strategies. Stay cool, stay hydrated, and dominate the pickleball court!

ELECTROLYTE STRATEGY

- For matches or training sessions shorter than 1 hour, **water should suffice.** However, adapt your approach based on the weather conditions.
- For matches or training sessions longer than 1 hour, consider consuming **a sports drink with added electrolytes.**
- During tournaments or competitive matches, opt for **a sports drink with electrolyte add-ins** to maintain optimal performance.



ABOUT THE AUTHOR

PRATIK PATEL

Former NFL Coach
Registered Sports Dietitian
Strength & Conditioning Coach