

HYDRATION

Staying hydrated can improve your performance



SIGNS AND SYMPTOMS

- Headache
- Dizziness
- Visual disturbances
- Mental confusion
- Loss of consciousness
- Nausea
- Cramps
- Loss of coordination
- Collapse
- Vomiting
- Dark urine

IF YOU START TO EXPERIENCE SIGNS AND SYMPTOMS

- Remove yourself from sun and get into a cooler area
- Drink fluids
- Apply ice to cramping areas
- If symptoms increase, rapidly cool your body
- If symptoms continue, go to the nearest emergency care facility

PREVENT DEHYDRATION

- Two hours prior to exercise, drink at least 16 ounces of fluid
- During exercise, drink about 8 ounces every 20 minutes
- After workout, drink 24 ounces per pound of body weight lost during workout
- Limit carbonated beverages and fruit juices during exercise
- Caffeine, alcohol and energy drinks increase risk of dehydration



NUTRITION

Smart dietary choices can improve your performance

NUTRITIONALLY BALANCED MEALS SHOULD INCLUDE:

45-65% Carbohydrates *(4 calories/gram)*

Carbohydrates provide your body's main source of energy

Good sources:

- Whole grains (breads, rice, pasta, cereal)
- Whole fruits and vegetables
- Beans and legumes

10-35% Proteins *(4 calories/gram)*

Proteins contribute to cell structure, regulate body processes and supply energy

Good sources:

- Fish and poultry
- Lean cuts of red meat
- Dairy (eggs, cheese, milk)

20-35% Fats *(9 calories/gram)*

Fats contribute to cell structure and supply energy

Good sources:

- Fatty fish (salmon, tuna)
- Vegetable and canola oils
- Avocado and nuts

NUTRITIONAL TIPS TO BRING OUT YOUR BEST COMPETITOR

Before exercise: Meals should be consumed two to four hours prior to exercise and should be rich in complex carbohydrates. Never exercise on an empty stomach.

During exercise: Consuming simple sugars from sports drinks, gels and energy bars is encouraged in small, equivalent intervals.

After exercise: Meals should be consumed as soon as 15 minutes after exercise and consist of 200-400 calories.





FITNESS

A smart workout routine can improve your performance

Warming Up

Improper warmup or stretching routines and increasing workout intensity too quickly can cause sports injuries. The best way to avoid being sidelined for weeks or months is to ease into, and out of, strenuous activities by stretching adequately before and after you work out.

Exercise Tips

- Wear proper-fitting, lightweight clothing and shoes. Make sure shoes have cushioned soles and good support to help prevent foot and ankle injuries
- During warm weather, exercise indoors or in the early morning or late evening hours
- Always begin with a five-minute warmup and finish with a five-minute cooldown

Warning Signs

Stop exercising if you have any of the following symptoms:

- Chest pain
- Inability to catch your breath
- Irregular heartbeat
- Light-headedness or dizziness
- Nausea or vomiting
- Severe tiredness or fatigue

Taking Your Heart Rate (Pulse)

- To take your pulse at the wrist, use two fingers and press just below the palm of your hand. Find your pulse on the thumb side above the wrist bone, between the tendons and the edge of the wrist.
- Recheck your pulse after you cool down. Remember to cool down by performing stretching exercises or walking at a slow pace for one to two minutes.
- Count your heart rate for 15 seconds and multiply by four to get your one-minute pulse. Example: **23 beats** × 4 = **92 beats per minute (BPM)**

OUR LOCATIONS



Houston Methodist Orthopedics & Sports Medicine extends services into the community to meet the needs of our neighbors. With locations throughout Greater Houston, you can receive leading-edge treatment close to home.

houstonmethodist.org/orthopedics

A Texas Medical Center

6445 Main St.
 Outpatient Center
 Suite 2500
 Houston, TX 77030
 713.441.9000

6550 Fannin St.
 Smith Tower, Suite 2600
 Houston, TX 77030
 713.790.1818

6560 Fannin St.
 Scurlock Tower, Suite 410
 Houston, TX 77030
 713.441.3535

B Aliana

10745 W. Grand Pkwy. S.
 Suite 100
 Richmond, TX 77407
 281.690.4678

C Baytown

1677 W. Baker Rd.
 Suite 1701
 Baytown, TX 77521
 281.427.7400

D Bellaire

5505 W. Loop S.
 Houston, TX 77081
 713.441.9000

E Conroe

4015 Interstate 45 N.
 Suite 110
 Conroe, TX 77304
 936.321.8000

F Katy-West Houston

18400 Katy Fwy.
 Medical Office Building 1
 Suite 200
 Houston, TX 77094
 832.522.8280

G Kingwood

4501 Magnolia Cove Dr.
 Building 6, Suite 201
 Kingwood, TX 77345
 936.321.8000

H League City

2220 E. League City Pkwy.
 Suite 200
 League City, TX 77573
 713.363.9090

I Memorial City

9090 Katy Fwy., Suite 200
 Houston, TX 77024
 713.441.9000

J Nassau Bay

18123 Upper Bay Rd.
 Medical Office Building 4
 Suite 200
 Houston, TX 77058
 713.363.9090

K Pasadena

6243 Fairmont Pkwy.
 Suite 100
 Pasadena, TX 77505
 713.363.9090

L Pearland

8520 W. Broadway St.
 Suite 100
 Pearland, TX 77584
 713.790.1818

M Sienna

8330 Hwy. 6, Suite 110
 Missouri City, TX 77459
 281.690.4678

N Spring

19711 Stuebner Airline Rd.
 Suite 1
 Spring, TX 77379
 281.737.0999

O Sugar Land

16811 Southwest Fwy.
 Suite 200
 Sugar Land, TX 77479
 281.690.4678

P The Woodlands

17183 Interstate 45 S.
 Medical Office Building 1
 Suite 210
 The Woodlands, TX 77385
 936.321.8000

Q Towne Lake

9915 Barker Cypress Rd.
 Building 5, Suite 200
 Cypress, TX 77433
 281.737.1555

R Willowbrook

13802 Centerfield Dr.
 Suite 300
 Houston, TX 77070
 281.737.0999