

A Lesson from Curtis Granderson on Hydration

March 30, 2017

Following up on:

A lesson from Thor on the changeup ([click here](#))

A lesson Tim Tebow on failure ([click here](#))

We now learn from Curtis Granderson about hydration.

A March 26th article in the NY Times:



reveals a primary reason how Granderson, was able to play 154 games last season at the age of 35...water.

It started back in 2010 when suffered a groin injury and discovered how dehydrated he was:

He left the game and was placed on the 15-day disabled list. He was already dealing with a sore throat and a fever, and the Yankees sent him to a hospital to get intravenous fluids.

“There they told me: ‘Man, even your veins are dehydrated. You just haven’t been drinking that much water,’” Granderson said.

He has since crafted his water intake...

Granderson now has his water consumption down to a science. Before he arrives at the stadium during spring training, he has already consumed two 16-ounce bottles. Then he has 12 ounces with breakfast.

He carries three 12-ounce bottles out to batting practice with him. He’ll have another one with lunch, often with electrolyte powder mixed in. His postgame protein shake is followed by another bottle of water on the way home, and then several more before he goes to sleep.

and even focuses on his water intake in the offseason:

But off-season or regular season, the common thread for Granderson is water, and then more water. A routine sight in the Mets' clubhouse is Granderson stuffing water bottles into his glove, back pockets or backpack before practice or when leaving for the team hotel.

"I always have it by me," he said.

Now, water intake is not the ONLY reason Curtis has stayed healthy but

I bring this article to everyone's attention because of what Curtis DOES NOT consume...sports drinks!



No Gatorade

No Body Armor

No Powerade

No ROAR (a new drink endorsed by OBJ..UGH)

I consistently see young ballplayers consuming sports drinks when they're not necessary but is instead just filling them with more sugar.

They do NOT need sports drinks ([click here](#)):

Are Sports Drinks Healthier Than Soda? Teens Think So

A commentary on new research into teens' love affair with sports drinks.

By [Nancy Shute](#)

, Contributor | Sept. 28, 2010, at 10:26 p.m.

"Teenagers think sports drinks like Gatorade are healthier than soda, and tend to choose them over milk. But sports drinks are still just sugar water – a diluted version of Coke or Sprite – and teenagers who think sports drinks are a healthy move are fooling themselves."

They need WATER!

How can you stay hydrated?

I follow [the recommendations of the National Strength and Conditioning Association \(click here\)](#):

Before Exercise

Fluids should be consumed several hours before exercise or athletic events to allow for proper absorption. About two to three hours before exercise, athletes should drink 17 to 20 oz of water. Then, again, 10 to 20 min before exercise, athletes should drink another 7 to 10 oz of water (1).

During Exercise

Drink 7 to 10 oz of water every 10 to 20 min (or 28 to 40 oz of water per hour of activity). Drink beyond your thirst. If you are feeling thirsty, you are already dehydrated. It is important for an athlete to include these fluid replacement habits into their regular training to build up tolerance to this amount of water. Some athletes have trouble consuming fluids during activity (1).

After Exercise

Individuals should drink approximately 20 to 24 oz of water or sports drink per pound of weight loss within two hours of exercise or athletic events (1). Athletes should drink enough water to replace any weight loss from exercise. Water is recommended for shorter bouts of normal exercise since it is unlikely that your body's electrolyte stores have been depleted to a level where a sports drink is necessary. Sports drinks containing electrolytes, such as sodium or potassium, may be necessary after prolonged bouts of exercises. Events such as marathons, ultra marathons, ironman events, or any event that last longer than 3-5 hr may require electrolyte replacement throughout the day following these events. Electrolytes can be replaced by various sports drinks or even with a well-planned meal after exercise.

Questions About This Newsletter?

Contact (PitchingDoc@msn.com / 631-352-7654) Dr. Arnold!