**The David Beckham Academy**

**Stay Fluid**

**It’s massively important to drink lots of fluids, before, during and after playing sport. Feeling thirsty is your body’s way of telling you you’re dehydrated. 5 of these drinks are good choices. Colour them in on the football and put a cross through the one that you should rule out.**

**Fruit juice**

**Milk**

**Fizzy pop**

**Sport drink**

**Smoothie**

**Water**

**Try to drink 6 glasses of water a day.**