**Are You Ready For P.E. Class?**

**I. Hydration** - making sure you have enough fluids in your body to exercise safely.

a) **When do I drink fluids?**

•Before class

•During designated water breaks

•When you have completed your task

•After class

b)  **How do I hydrate myself?**

•8-10 ounces of fluid at a time will be sufficient

•Do not drink “icy” cold drinks.

•Water or “sport” drinks are excellent

•Sodas are no good before P.E., and don’t help much after P.E., either.

•Don’t drink a lot of liquid immediately after exercise

•The average person needs to drink 8-10 glasses of water per day.

c) **Where can I get water during class?**

•There are drinking fountains located at various places around the gym:

\*Inside the gym (2)

\*Outside of west gym doors (2), by locker rooms (2), and by electives (2)

\*Math wing (4) – **OFF LIMITS**

**II. Nutrition** - making sure you eat foods that allow your body to produce energy

•It is best to eat at least 20-30 minutes before class starts, if possible

•Fruit, vegetables, bread, cereal, nutrition bars are all good sources of energy.

•Candy bars, chips, pizza, junk food are all poor sources of energy.

•Think about what you are eating on the days you have P.E.!!!

**III. Other Preparations**

a) **Sunscreen**

b) **Inhalers**

•Have one just for P.E. and put your name on it.

•Have a place to store it while in class - fanny pack, binder, etc.

•Do not leave it in locker room

c) **Clothing**

•You may want sweats and sweatshirt in your locker for cold days - must be P.E.

only.

•Always wear athletic type shoes with laces that are tied and socks.

•P.E. clothes are clearly marked.