

Drinking instead of limping

**Drink right –
Prevent injuries –
Live more healthily**

Christine Ploschenz
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Reasons for insufficient fluid intake in dance

- 'Forgot'
- 'Canteen too expensive'
- 'Before, we weren't allowed to drink in class'
- 'It annoys me, having to go to the bathroom'
- 'Too lazy to go and get anything'
- 'Not thirsty'

(according to Wanke 2011)



Fluid

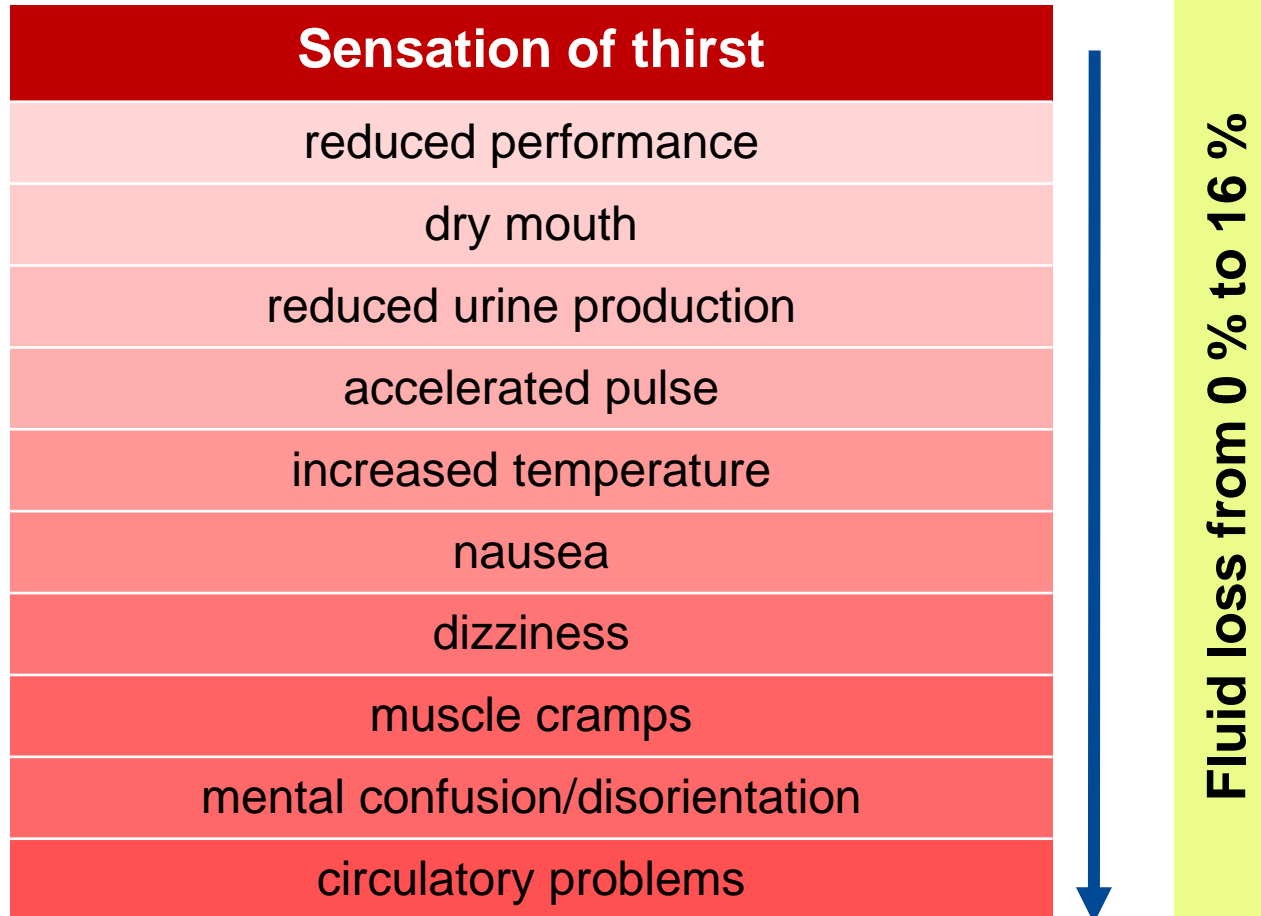
Water content in the body: 50–60 %

Important for all body functions:

- Component of organs and tissues
- Supply and removal of substances
- Construction material of cells
- Ingredient of digestive juices
- Part of the immune system
- Heat regulation, protection against overheating
- Main component of sweat
- ... and many more.



Consequences of insufficient fluid intake



Suitable – Unsuitable

Drink	Liquid replacement	Energy replacement	Electrolyte replacement
Apple juice spritzer	yes	yes	yes
Fruit or herbal teas	yes	No	yes
Highly diluted fruit juices	yes	yes	yes
Mineral water	yes	No	yes
Lemonade/Coke	No	yes	No
Milk	No	yes	yes
Pure fruit or vegetable juices	No	yes	yes

Source: Wanke, Eileen M. (2005): Richtig Trinken. TaMed Infoblatt 4. Hg. v. Tanzmedizin Deutschland e.V.

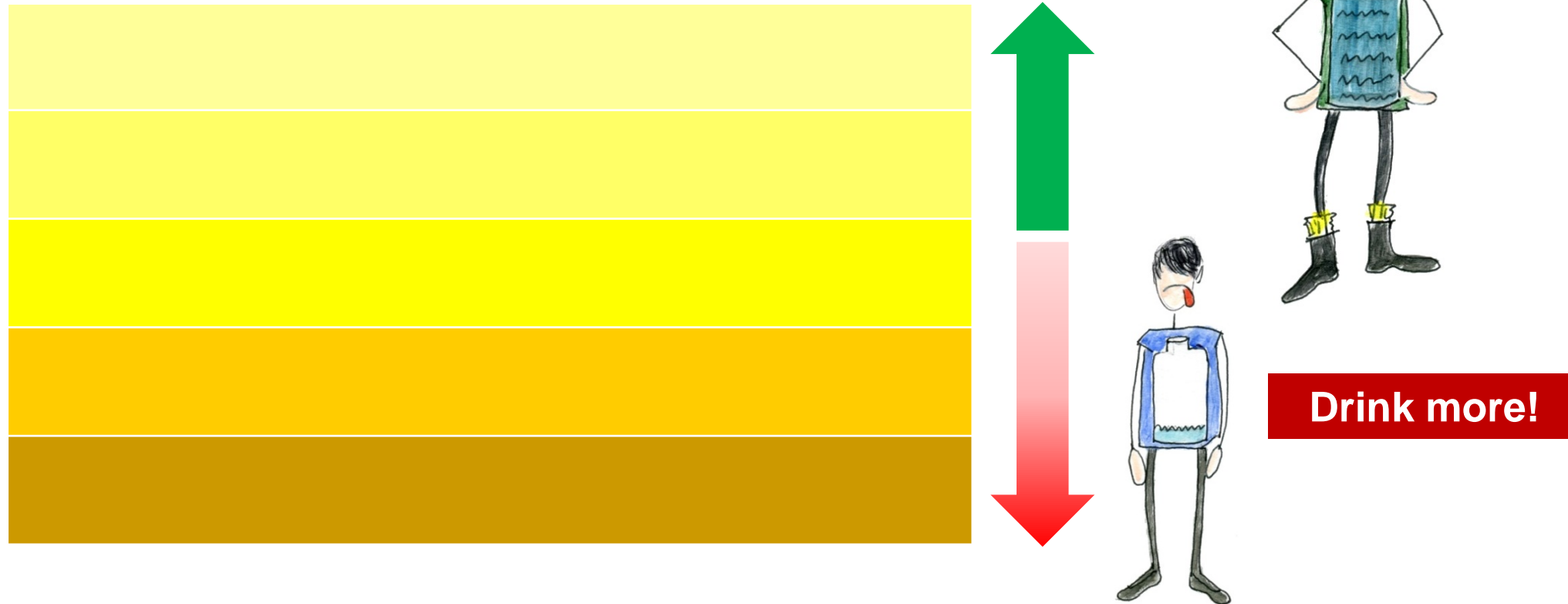
Tips

- Fluid intake during class
 ➔ for sessions exceeding 45–60 min, every 20 min 150–200 ml
- Drink before you get thirsty
- Space drinks out over the day
- Keep beverages within reach
- Wear suitable clothing
- Choose suitable drinks, e.g. sodium-rich water, spritzers + unsweetened teas + milk-based drinks after training



Did I drink enough? – “pee chart”

Assess urine according to colour!



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Under www.vbg.de/prevention-musical-dance you will find the following additional material:

- Methodological-didactical commentary
- Background information for teachers
- Work sheets
- Media collection