



Dr. Luigi Gratton on Game Day Tips

Herbalife and the American Youth Soccer Organization (AYSO) are teaming up for healthy, active kids. As Official Nutrition Advisor to AYSO, Herbalife is committed to giving kids a healthy start. Good nutrition helps a child's body operate at peak efficiency, fueling their performance whether they're on the soccer field or playground, or doing schoolwork.



BEFORE THE GAME:

- One way to avoid a sharp drop-off in performance is to make sure that your child avoids sugar. The high-sugar volume causes energy peaks and valleys.
- Have your child hydrate before the game, especially if he or she will be playing in hot weather. Eight to 10 glasses of water are recommended throughout the day.

DURING THE GAME:

- During activity, kids should rehydrate about every 20 minutes – or even more frequently if the weather is hot – to replace fluids they lose through sweating.
- Bring along H³O® Fitness Drink, which contains potassium and sodium (electrolytes that help the body absorb fluid) and carbohydrates, to keep your child energized.
- Be alert for signs of dehydration, especially on a hot day. Signs include darker-colored urine, muscle cramping and light-headedness.

AFTER THE GAME:

- Make sure that kids have a healthy snack with protein to satisfy hunger. Herbalife Kids™ Shakes are great tasting and provide key nutrients that kids need daily.
- Avoid high-sugar snacks such as candy bars, pudding, pastries and soda. There are plenty of healthy snacks, such as fresh fruits and vegetables, nuts and sunflower seeds, and protein bars. Kids love Herbalife® Protein Bars Deluxe.

Visit HerbalifeSports.com for more information.



“As a doctor and an athlete, I know how important it is to educate our children about nutrition and sports, so that they make better choices and establish healthy eating habits.”

– Luigi Gratton, M.D., M.P.H.
Herbalife

The AYSO name, marks and all associated trademarks and logotypes are owned by the American Youth Soccer Organization (AYSO).
©2008 Herbalife International of America, Inc. All rights reserved. USA. #65693-US 12/08