Go Bananas for QuickStart!

WHY do tennis players drink water?

BECAUSE . . . WATER

- Makes up over half of our body weight
- Makes our bodies work properly
- Carries nutrients to our muscles for fuel
- Keeps our bodies **cool** during exercise
- Helps prevent us from getting tired
- Keeps us focused on the game
- Protects our joints and tissues
- Replaces fluids lost during exercise
- Can easily be carried in tennis bags
- **Tastes really good when you're hot**!

HOW MUCH WATER SHOULD I DRINK?

- Take your weight in pounds and divide by two. Drink that number of ounces of water every day. Example: 80 lbs./2 = 40 oz. (five cups).
- When you practice or play tennis, have even more water — sip it every 10 minutes

Want to be a great tennis player? Eat like a great tennis player!

Drink water every day! Start your day with a big glass of water and a banana. Spice up your water with low-calorie Crystal Light or Propel. Drink a glass of chocolate milk right after you play. Hydration (drinking liquids) is very important to tennis players. Drink lots of liquids everyday, especially in really hot weather. Drink water before, during and after you play. Have plenty of water and bananas nearby on-court.

UVa Men's Tennis Alum Goes Bananas for QuickStart!

Dom Inglot, professional tennis player and 2009 UVa McIntire Commerce School graduate, believes in drinking lots of water, especially when he practices or plays a match.

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Bag Check On the court Dom always has bananas, whole-grain cereal bars and plenty of water. He drinks water on each changeover during a match and every five to ten minutes when he practices. Dom starts his day with oatmeal. His favorite lunch is pasta. For dinner he likes to eat lean meats and lots of vegetables. For special occasions, he likes pierogi (Polish dumplings) with meat or fruit filling.

Dom Inglot at UVa
- **ITA All-American**
- **Team Co-Captain**
- **No.1 Singles Player**
- **ACC Tennis Scholar Athlete of the Year**
- **NCAA Doubles Champ**
- **Virginia State Co-Player of the Year**