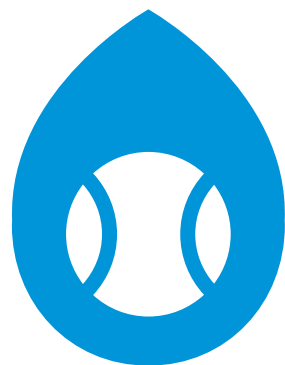


How much water should a kid drink while playing sports?



For every 20 minutes of play, a young athlete should drink about 10 gulps of water.



1 gulp = ½ oz. of fluid

A teen should drink about 20 gulps.

The American Academy of Pediatrics (AAP) recommends:
5 oz. for an 88-pound child every 20 minutes, and 9 oz. for
a 132-pound adolescent every 20 minutes

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