



KENNY
QUEROLLE

Date: Mars 5, 2024

athlete-keep- hydrated

Results of interview:

- They do sports outside of running.(Anaëlle,Antoine,Guillaume,Guillemette,Joe, Nathan, William)
- Runs several times a week.(Anaëlle,Antoine,Guillaume,Guillemette,Joe, Nathan, William)
- training is important.(Anaëlle,Antoine,Guillaume,Guillemette,Joe, Nathan, William)
- find your pace.(antoine, guillaume,guillemette)
- Don't drink too quickly.(Antoine,Guillemette)
- It's important to drink after the session.(Antoine,Guillaume,Guillemette,Joe, William)
- take care of your diet.(Anaëlle,Antoine,Guillaume,Joe)

The hydration and you:

- People experience dehydration when they lose 2% of their body mass loss (BML) in fluids/water/sweat:

"moderately dehydrated (2.5% of body weight) and critically dehydrated (5% of body weight) "*sportscardiology, The Effects of Hydration on Athletic Performance, July 29th 2015*

"Exercise performance is impaired when an individual is dehydrated by as little as 2% of body weight. "*Asker Jeukendrup & Michael Gleeson, Sport Nutrition-2nd Edition, Dehydration and its effects on performance.*

- The performance decreases when dehydrated:

"Losses of 5% or more of body weight during physical activities may decrease the capacity for work by roughly 30%"*sportscardiology, The Effects of Hydration on Athletic Performance, July 29th 2015*

"Losses in excess of 5% of body weight can decrease the capacity for work by about 30%"*Asker Jeukendrup & Michael Gleeson, Sport Nutrition-2nd Edition, Dehydration and its effects on performance.*

- Endurance capacity is impaired much more in hot environments than in cool conditions

"All eight subjects were able to complete 140 minutes walking when euhydrated and 3% dehydrated. Seven subjects completed the walk when 5% dehydrated, but when dehydrated by 7%, six subjects stopped walking after an average of only 64 minutes."*Asker Jeukendrup & Michael Gleeson, Sport Nutrition-2nd Edition, Dehydration and its effects on performance.*

"dehydration clearly increases the incidence of exhaustion from heat strain."*Asker Jeukendrup & Michael Gleeson, Sport Nutrition-2nd Edition, Dehydration and its effects on performance.*

- It is important to pay attention to one's hydration status and develop hydration strategies to follow before, during, and after physical activity:

"A majority (more than 50%) of athletes in professional sports,¹⁵ collegiate athletics,^{16,17} and high school¹⁸ and youth sports^{19,20} arrive at workouts hypohydrated."

and

"Both severe clinical hypohydration and hyperhydration can degrade athletic performance and are potentially fatal."*Brendon P. McDermott, Scott A. Anderson, Lawrence E. Armstrong, Douglas J. Casa, Samuel N. Cheuvront, Larry Cooper, W. Larry Kenney, Francis G. O'Connor, William O Roberts, National Library of Medicine, National Athletic Trainers' Association Position Statement: Fluid Replacement for the Physically Active*

- Stay away from sugar-sweetened beverages when trying to stay hydrated:

"conditioned to expect high levels of sweetness in everything.... You might say we are malhydrated, because we drink so much soda and fruit juice and other sugar-sweetened beverages, and by that I mean we drink beverages that harm our health.

Even energy drinks and vitamin waters, most are loaded with sugar and not worth the use."*Walter Willett*

If you don't like pure water, you can take water flavored with fruit or vegetables (lemons, berries, or orange or cucumber slices), coffee or tea.