

# Hydration: Keys to Optimizing Performance and Health

## Effects of Hydration on Body Function

"Hydration helps regulate body temperature, lubricate joints, prevent infections, and maintain proper organ function, while also improving sleep quality, cognition, and mood."

— The importance of hydration by Walter Willett

## Fluid Consumption Recommendations

"Beverages containing electrolytes and carbohydrates are recommended, while sugary drinks like sodas and fruit juices should be avoided for effective hydration."

— The importance of hydration by Walter Willett

**5 KEY FIGURES OR  
INSIGHTS EXTRACTED  
FROM THE ARTICLES**

## Importance of Hydration for Performance

"Dehydration impairs athletic performance and the use of beverages containing carbohydrates and electrolytes is recommended to maintain plasma volume and delay fatigue."

— Fluids and hydration in prolonged endurance performance by Serge P Von Duvillard et al.

## Risks of Overhydration

"Specific recommendations include consuming 500 mL of liquid 1 to 2 hours before exercise, and between 600 and 1200 mL per hour during exercise to replace sweat losses."

— Fluids and hydration in prolonged endurance performance by Serge P Von Duvillard et al.

## Recommended Beverages for Hydration

"Overhydration can lead to sodium depletion and hyponatremia, cautioning against excessive fluid consumption without adequate electrolyte intake."

— Fluids and hydration in prolonged endurance performance by Serge P Von Duvillard et al.