

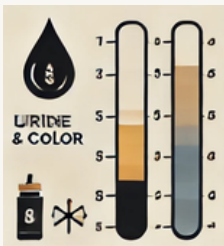
# Impact of Hydration on Athletic Performance

## Key Indicators, Guidelines, and Risks



### Hydration Significantly Affects Athletic Performance

- Quote: "Despite the commonly known importance of water in our bodies, many athletes do not seriously consider the effects of hydration during and after athletic performance."
- Title: "The Effects of Hydration on Athletic Performance"



### Urine Color as a Hydration Indicator

- Quote: "Urine color  $\geq 5$  indicated a body mass loss  $\geq 2\%$  with 88.9% sensitivity and 84.8% specificity."
- Title: "Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss in Men"



### Benefits of Carbohydrate and Electrolyte Solutions

- Quote: "Proper hydration during training or competition will enhance performance, avoid ensuing thermal stress, maintain plasma volume, delay fatigue, and prevent injuries associated with dehydration and sweat loss."
- Title: "Fluids and Hydration in Prolonged Endurance Performance"



### Risks of Over-Hydration in Endurance Sports

- Quote: "Hyper-hydration or over-drinking before, during, and after endurance events may cause Na(+) depletion and may lead to hyponatremia."
- Title: "Fluids and Hydration in Prolonged Endurance Performance"



### Daily Water Intake Guidelines by Gender

- Quote: "Experts recommend drinking roughly 11 cups of water per day for the average woman and 16 for men."
- Title: "The Importance of Hydration"