ANALYTICS

Submitted by: ESCAFFRE Lucas

KEY FIGURES AND INSIGHTS

INCREASED CORTISOL CONCENTRATION REDUCES THE AMOUNT OF TESTOSTERONE RELEASED AS A RESPONSE TO RESISTANCE-SPECIFIC WEIGHT TRAINING.

REFERENCE :
Brown, Jordana. "SimplyShredded.com." SimplyShredded.com. Weider Publications, n.d. Web. 22 June 2015.

A MAJORITY (MORE THAN 50%) OF ATHLETES IN PROFESSIONAL SPORTS, COLLEGIATE ATHLETICS, AND HIGH SCHOOL18 AND YOUTH SPORTS ARRIVE AT WORKOUTS HYPOHYDRATED.

REFERENCE :
Osterberg KL, Horswill CA, Baker LB. Pregame urine specific gravity and fluid intake by National Basketball Association players during competition. J Athl Train. 2009; 44 1: 53– 57.

IN HUMANS, TOTAL BODY WATER AND OVERALL HYDRATION ARE NORMALLY MAINTAINED WITHIN A RELATIVELY NARROW RANGE (1% HYPERHYDRATION TO 3% HYPOHYDRATION).

REFERENCE :
Raman A, Schoeller DA, Subar AF, et al.. Water turnover in 458 American adults 40-79 yr of age. Am J Physiol Renal Physiol. 2004; 286 2: F394– F401.

EXTREME DEVIATIONS ON EITHER END OF THE PHYSIOLOGICAL RANGE (HYPOHYDRATION OR HYPERHYDRATION) CAN COMPROMISE HEALTH AND ORGAN FUNCTION.

REFERENCE :
Farquhar WB, Morgan AL, Zambraski EJ, Kenney WL. Effects of acetaminophen and ibuprofen on renal function in the stressed kidney. J Appl Physiol (1985). 1999; 86 2: 598– 604.

MAINTAINING HYDRATION STATUS WITH MINIMAL VARIATION (+1% TO –1%) ALLOWS THE BODY TO OPTIMALLY THERMOREGULATE AND MAINTAIN CARDIOVASCULAR FUNCTION.

REFERENCE :
González-Alonso J, Mora-Rodríguez R, Coyle EF. Stroke volume during exercise: interaction of environment and hydration. Am J Physiol Heart Circ Physiol. 2000; 278 2: H321– H330.

AS LACTIC ACID IS PRODUCED BY THE BREAKDOWN OF GLYCOGEN, PH DECREASES CAUSING SKELETAL MUSCLE FATIGUE.

REFERENCE :
Westerblad, Håkan, David G. Allen, and Jan Lännergren. "Muscle Fatigue: Lactic Acid or Inorganic Phosphate the Major Cause?" American Journal of Physiology 17.1 (2002): 17-21. Web. 10 July 2015.