

## **EXPERIENCE WITH RELATION TO HYDRATION**

1)Both a lack of adequate fluid replacement(hypo-hydration) and excessive intake (hyper-hydration) can comprise athletic performance and increase health risks(Fluid replacement for the physically active - Journal athletic training)

2)An increased core temperature during a dehydrated state is accompanied by a larger aromatic amine response, possibly leading to an increased rate of glycogen breakdown in muscles. (Effects of hydration on athletic performance)

3) Studies on water intake are limited in data compared to intake of other nutrients(The effects of hydration on athlete performance)

4)Dehydration not only elevates core temperature responses but also negates the thermoregulatory advantages conferred by high aerobic fitness and heat acclimatization.(The Dehydration and its effects on performance)

5) A loss of sweat equal to 2% of body weight causes a noticeable decrease of physical and mental performance. (The effects of Hydration on Athletic Performance)

6) Dehydration may cause a reduction in blood volume, decreased skin blood flow decreased sweat rate, decreased heat dissipation, increased core temperature and an increased rate of glycogen use (The effects of Hydration on Athletic Performance)