

## DEHYDRATION AFFECTS MENTAL AND PHYSICAL PERFORMANCE

“A loss of sweat equal to 2% of body weight causes a noticeable decrease of physical and mental performance”

**source: *The effects of Hydration on Athletic Performance***

## DEHYDRATION ON MUSCLE FATIGUE

“An increased rate of glycogen breakdown may contribute to an increased level of fatigue in the muscles used during the athletic activity.”

**source: *The effects of Hydration on Athletic Performance***

## ASSESSING HYDRATION STATUS

“Under the conditions of acute dehydration due to exercise in a hot environment, urine color assessment can be a valid, practical, inexpensive tool for assessing hydration status”

**source: *Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss in Men Journal of Athletic Training***

# INSIGHT ON HYDRATION

## REDUCE ENDURANCE

“Dehydration also impairs endurance exercise performance.”

**source: *Dehydration and its effects on performance - Human Kinetics***

## WHY HYDRATE

“Maintaining proper hydration before, during, and after training and competition will help reduce fluid loss, maintain performance, lower submaximal exercise heart rate, maintain plasma volume, and reduce heat stress, heat exhaustion, and possibly heat stroke.”

**source: *The effects of Hydration on Athletic Performance***