

articles insights

- losing more and more sweat decreases performance;”A loss of sweat equal to 2% of body weight causes a noticeable decrease of physical and mental performance. Losses of 5% or more of body weight during physical activities may decrease the capacity for work by roughly 30%” - The Effects of Hydration on Athletic Performance.
- urine color is a valid way to determine the body 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.” - Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss in Men.
- Men should drink about **3.7 liters** daily;”Experts recommend drinking roughly 11 cups of water per day for the average woman and 16 for men.” - The importance of hydration.
- Dehydration increases body temperature;”Dehydration not only elevates core temperature responses but also negates the thermoregulatory advantages conferred by high aerobic fitness and heat acclimatization.” - Dehydration and its effects on performance.
- we should drink in moderation;”Both a lack of adequate fluid replacement (hypohydration) and excessive intake (hyperhydration) can compromise athletic performance and increase health risks.” - National Athletic Trainers' Association Position Statement: Fluid Replacement for the Physically Active.