

HYDRATION INSIGHTS BASED ON DATA

1

Even a small amount of dehydration can impair an athlete's abilities

"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).

2

Even if an athlete has enough fuel (like carbohydrates), their performance can still drop significantly if they are not properly hydrated.

"Fatigue toward the end of a prolonged sporting event may result as much from dehydration as from fuel substrate depletion"(Dehydration and its effects on performance).

3

Urine color can be a highly effective and inexpensive diagnostic tool for identifying dehydration

"We demonstrated that urine color can be a useful diagnostic tool to assess a hypohydrated state after exercise in the heat"(Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss in Men).

4

Athletes should avoid both dehydration and over hydration by only replacing lost fluids

"To reduce the risk of EAH, athletes and recreational exercisers should only replace fluid lost in sweat during exercise and not gain fluid weight"(National Athletic Trainers' Association Position Statement: Fluid Replacement for the Physically Active).

5

Hydration isn't just about drinking fluids but also about choosing the right kinds of fluids.

"It's best to stay away from sugar-sweetened beverages when trying to stay hydrated"(The importance of hydration).

6

Excessive fluid intake without balanced electrolytes can be just as dangerous as dehydration

"Over drinking before, during, and after endurance events may cause Na(+) depletion and may lead to hyponatremia"(Fluids and hydration in prolonged endurance performance).