

INterview's results

PROJECT NAME: AHAMD_Yasmina_Athlete-Keep-Hydrated_03122024_V1

Inter view	<ul style="list-style-type: none">• I do something outside of running (Antoine, Guillaume, Guillemette, Joe, Nathan, William et Anaëlle)• I did at least one race in my life (Antoine, Guillaume, Guillemette, Joe, Nathan, William et Anaëlle)• I don't drink water before I have to run (Antoine, Guillaume and Nathan)• I run regularly (Antoine, Guillaume, Joe, Nathan, William and Anaëlle)• I run races with friends or peers (Joe, Nathan, Guillaume)• I already had a problem with dehydration before (Guillaume, Nathan and William)
HYDRATATION	<ul style="list-style-type: none">• People experience dehydration when they lose 2% of their body mass loss (BML) in fluids/water/sweat.<ul style="list-style-type: none">◦ "Moderately dehydrated (2,5% of body weight) and critically dehydrated (5% of body weight)" sportscardiology, The effects of Hydration of athletic performance, July 29th 201◦ Exercise performance is impaired when an individual is dehydrated by as little as 2% of body weight." Asker Jeukendrup & Michael Gleeson, Sport Nutrition-2nd Edition, Dehydration and its effects on performance.
PERFORMANCE WHEN DEHYDRATED	<ul style="list-style-type: none">• The performance decreases when dehydrated<ul style="list-style-type: none">◦ "Losses of 5% or more of body weight during physical activities may decrease the capacity for work by roughly 30%" sportscardiology, The Effects of Hydration on Athletic Performance, July 20th 2015◦ "Losses in excess of 5% of body weight can decrease the capacity for work by about 30%" Asker Jeukendrup & Michael Gleeson, Sport Nutrition-2nd Edition, Dehydration and its effects on performance.
ENDURANCE CAPACITY	<ul style="list-style-type: none">• Endurance capacity is impaired much more in hot environments than in cool conditions<ul style="list-style-type: none">◦ "All eight subjects were able to complete 140 minutes walking when euhydrated and 3% dehydrated. Seven subjects completed the walk when 5% dehydrated, but when dehydrated by 7%, six subjects stopped walking after an average of only 64 minutes." Asker Jeukendrup & Michael Gleeson, Sport Nutrition-2nd Edition, Dehydration and its effects on performance.◦ 'dehydration clearly increases the incidence of exhaustion from heat strain." Asker Jeukendrup & Michael Gleeson, Sport Nutrition-2nd Edition, Dehydration and its effects on performance

HYDRATION STATUS AND HYDRATION STRATEGIES	<ul style="list-style-type: none"> • It is important to pay attention to one's hydration status and develop hydration strategies to follow before, during and after physical activity : <ul style="list-style-type: none"> ◦ "A majority (more than 50%) of athletes in professional sports, 15 collegiate athletics, 16, 17 and high school 18 and youth sports 19, 20 arrive at workouts hypohydrated" ◦ "Both severe clinical hypohydration and hyperhydration can degrade athletic performance and are potentially fatal." Brendon P. McDermott, Scott A. Anderson, Lawrence E. Armstrong, DOuglas J. Casa, Samuel N. Cheuvront, Larry Cooper, W. Larry Kenney, FRancis G. O'Connor, William O Roberts, National LIbrary of Medecine, National Athletic Trainers' Association Position Statement: Fluid Replacement for the Physically Active
HYDRATATION	<ul style="list-style-type: none"> • Stay away from sugar-sweetened beverages when trying to stay hydrated : <ul style="list-style-type: none"> ◦ "conditionned to expect high level of sweetness in everything... You might say we are malhydrated, because we dronk so much soda and fruit juice and other sugar-sweetened beverages, and by that I mean we drink beverages that harm our health. Even energy drinks and vitamin waters, most are loaded with sugar and not worth the use." Walter Willett ◦ If you don't like pure water, you can take water flavored with fruit or vegetables (lemon, berries, orange or cucumber slices), coffee or tea.