

HYDRATION EFFECT ON ATHLETES

1. Dehydration reduces the time threshold of fatigue consequently making athletes fatigued faster.

As lactic acid is produced by the breakdown of glycogen, pH decreases causing skeletal muscle fatigue-[The effects of Hydration on Athletic Performance](#)

Early signs and symptoms of these conditions may overlap, including Fatigue-[Fluid replacement for the physically active - Journal of Athletic Training](#)

dehydration decreases a person's .VO2max and impairs work capacity in fatiguing exercise of an incremental nature. -[Dehydration and its effects on performance - Human Kinetics](#)

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2. For optimal fluid management, athletes should drink before during and after performance.

It is important that athletes are hydrated before, during and after physical activity to achieve their maximal physical performance. -[Dehydration and its effects on performance - Human Kinetics](#)

Maintaining proper hydration before, during, and after training and competition will help reduce fluid loss-[Dehydration and its effects on performance - Human Kinetics](#)

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3. Hydration aids in thermoregulation control improving performance.

Drinking enough [water](#) each day is crucial for many reasons: to regulate body temperature-[The importance of hydration - Harvard School of Public Health](#)

Dehydration also impairs the body's ability to lose heat. -[Dehydration and its effects on performance - Human Kinetics](#)

If the eccrine sweating mechanism is compromised due to a lack of available body fluid, core temperature increases above that expected for the activity and environment. -[Fluid replacement for the physically active - Journal of Athletic Training](#)

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4. Males above 18 should drink approximately 4 liters of water while females of same age should drink approximately 3 liters

Male adults above the age of 18 should consume about 4 litres. Females above the age of 18 should drink about 3 litres of water. -[The effects of Hydration on Athletic Performance](#)

Experts recommend drinking roughly 11 cups of water per day for the average woman and 16 for men. -[The importance of hydration - Harvard School of Public Health](#)

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5. Overhydration affects athletic performance and can lead to life-threatening conditions.

Conversely, excessive fluid consumption can lead to life-threatening exercise-associated hyponatremia (EAH), in which extracellular body water enters the cells and causes organ and tissue swelling-[Fluid replacement for the physically active - Journal of Athletic Training](#)

In contrast, hyperhydration or overdrinking before, during, and after endurance events may cause Na(+) depletion and may lead to hyponatremia. -[Fluids and hydration in prolonged endurance performance - Pubmed](#).

Both a lack of adequate fluid replacement (hypohydration) and excessive intake (hyperhydration) can compromise athletic performance and increase health risks. -[Fluid replacement for the physically active - Journal of Athletic Training](#)

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