

The Critical Role of Hydration in Athletic Performance: Understanding Indicators, Recommendations, and Risks

Hydration impacts athletic performance

- Quote: "Despite the commonly known importance of water in our bodies, many athletes do not seriously consider the effects of hydration during and after athletic performance."
- Title: "The Effects of Hydration on Athletic Performance"

Urine color indicates hydration levels

- Quote: "Urine color ≥ 5 indicated a body mass loss $\geq 2\%$ with 88.9% sensitivity and 84.8% specificity."
- Title: "Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss in Men"

Carbohydrate and electrolyte solutions are beneficial

- Quote: "Proper hydration during training or competition will enhance performance, avoid ensuing thermal stress, maintain plasma volume, delay fatigue, and prevent injuries associated with dehydration and sweat loss."
- Title: "Fluids and hydration in prolonged endurance performance"

Over-drinking can lead to health issues

- Quote: "Hyper-hydration or over-drinking before, during, and after endurance events may cause Na(+) depletion and may lead to hypothermia."
- Title: "Fluids and hydration in prolonged endurance performance"

Daily water intake recommendations vary by gender

- Quote: "Experts recommend drinking roughly 11 cups of water per day for the average woman and 16 for men."
- Title: "The importance of hydration"