

Insight 1: 2% Body Weight Loss Causes Performance Decline

Quote: A loss of sweat equal to 2% of body weight causes a noticeable decrease of physical and mental performance.

-Source : [The effects of Hydration on Athletic Performance](#)

Insight2: 5% Dehydration Reduces Work Capacity by 30%

Quote: Losses in excess of 5% of body weight can decrease the capacity for work by about 30%.

-Source : [Dehydration and its effects on performance - Human Kinetics](#)

Insight 3: Sprint Athletes Less Concerned Than Endurance Athletes

Quote: Sprint athletes are generally less concerned about the effects of dehydration than are endurance athletes.

-Source : [Dehydration and its effects on performance - Human Kinetics](#)

Insight 4: Urine Color Can Accurately Detect 2% Dehydration

Quote: A urine color of 5 or greater identified BML $\geq 2\%$ with 88.9% sensitivity and 84.8% specificity.

-Source: [Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss in Men Journal of Athletic Training](#)

Insight 5: Dehydration Symptoms Include Multiple Physical Effects.

Quote: Body mass loss $>2\%$ has often been associated with clinical signs and symptoms of dehydration, such as headache, dizziness, nausea, lightheadedness, or fatigue.

-Source: [Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss in Men Journal of Athletic Training](#)

Insight 6: 2% Body Mass Loss Threshold for Performance Decline

Quote: All may be compromised at modest levels of hypohydration (approximately 2%).

-Source: [Fluid replacement for the physically active - Journal of Athletic Training](#)

Insight 7: Staying well-hydrated positively affects both the mind and body.

Quote: Being well-hydrated also improves sleep quality, cognition, and mood.

-Source: [The importance of hydration - Harvard School of Public Health](#)
