

Insights on Hydration and Athletic Performance

Dehydration Impairs Performance

Dehydration as low as 2% body mass loss (BML) can impair both physical and cognitive performance.
“People experience dehydration when they lose 2% of their body mass in fluids/water/sweat.”
Source: Dehydration and its Effects on Performance - Human Kinetics

1

Sweat is Crucial for Body Temperature Regulation

Sweating helps athletes maintain an optimal body temperature, which is critical for performance, especially in endurance events.
“Sweat helps the body to maintain optimal body temperature during intense physical activity.”
Source: The Importance of Hydration - Harvard School of Public Health

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Symptoms of Dehydration

Common symptoms of dehydration include headaches, dizziness, nausea, and fatigue, all of which can hinder athletic performance.
“Symptoms of dehydration can be headache, dizziness, nausea, lightheadedness, or fatigue.”
Source: Dehydration and its Effects on Performance - Human Kinetics

3

Sprint Athletes vs. Endurance Athletes

Sprint athletes are generally less concerned about dehydration, as their events are shorter, while endurance athletes prioritize hydration due to prolonged effort.
“Sprint athletes are generally less concerned about the effects of dehydration than are endurance athletes.”
Source: Fluids and Hydration in Prolonged Endurance Performance - Pubmed

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Urine Color as an Indicator of Hydration

Urine color is often used as a quick and reliable indicator of hydration status, particularly when monitoring for 2% or greater body mass loss.
“Urine color can be an accurate and easy method to detect 2% or greater body mass loss in athletes.”
Source: Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss - Journal of Athletic Training

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