

## **KEY FIGURES ON HYDRATION**

- “A loss of sweat equal to 2% of body weight causes a noticeable decrease of physical and mental performance. Losses of 5% or more of body weight during physical activities may decrease the capacity for work by roughly 30%” (***The Effects of Hydration on Athletic Performance***)

Dehydration leads to decrease in the capacity to work by roughly 30%

- “Body mass loss >2% has often been associated with performance deficits in endurance training and with clinical signs and symptoms of dehydration, such as headache, dizziness, nausea, lightheadedness, or fatigue” (***The Effects of Hydration on Athletic Performance***)

Headache, dizziness, nausea, lightheadedness and fatigue are symptoms of dehydration.

- “Experts recommend drinking roughly 11 cups of water per day for the average woman and 16 for men. And not all of those cups have to come from plain water; for example, some can come from water flavored with fruit or vegetables (lemons, berries, or orange or cucumber slices), or from coffee or tea” (***The importance of hydration***)

You can hydrate by drinking plain water or adding carbohydrate solution and electrolytes to the plain water.

- “Maintaining proper hydration before, during, and after training and competition will help reduce fluid loss, maintain performance, lower sub-maximal exercise heart rate, maintain plasma volume, and reduce heat stress, heat exhaustion, and possibly heat stroke” (***Fluids and hydration in prolonged endurance performance***)

Drinking water before, during and after a physical exercise will help reduce exhaustion.

- “Both a lack of adequate fluid replacement (hypo-hydration) and excessive intake (hyper-hydration) can compromise athletic performance and increase health risks” (***National Athletic Trainers' Association Position Statement: Fluid Replacement for the Physically Active***)

Excess hydrating and lack of hydrating can compromise athletic performance and increase health risks.