Collaborative Portion

Interview with Alexander Kimpel

Alex is a swimmer on the Georgia tech swim team. He is 6’3” and 215 pounds, making his suggested fluid consumption 108 oz. He is currently a senior and is transitioning from this high intense work out norm to regular life.

Q: How much water do you typically drink a day?

A: I try to drink two of my (32 oz) water bottles

Q: Do you have a nutritionist how gives you advice or tips on hydration?

A: I guess. She tells us we should stay hydrated and all but not why.

Q: Do you think drinking more water would improve you performance?

A: I don’t know.

After this first talk, Alex increased his water intake to twice as much as what he was consuming. 64 oz was not nearly enough and now he is consuming more than the suggested amount at 128 oz. After 2 and a half weeks, we talked about how he felt after the increased fluid intake.

Q: Now that you have increased your water intake, how do you feel?

A: I actually feel better than I thought I would. I feel more awake and it is easier to study. I feel more energetic in practice but I don’t know if has made me faster…

Q: Do you plan to keep drinking the increased amount of fluids?

A: I am not against it. Sometimes it is difficult to remember to constantly drink water if I’m not thirsty.

Q: There has been some studies that say the more fluids you consume, depression symptoms can be alleviated. How do you feel about this?

A: I do not consider myself depressed, but I could see how this could maybe make you feel better. I have more energy and more of a desire to do stuff outside so this could help people who suffer from depression.