

ANALYTICS

insights

Title: *The Effects of Hydration on Athletic Performance*

"Consuming liquids replenishes the fluids lost during exercise. Restoring fluids maintains normal muscle function, helps prevent a decrease in physical performance and reduces the risk of heat stress"

Insight:

Fluids help maintain normal muscle function and prevent a decline in physical performance

Title: *Dehydration and its effects on performance*

"Sprint athletes are generally less concerned about the effects of dehydration than are endurance athletes. However, the capacity to perform high-intensity exercise, which results in exhaustion within a few minutes, is reduced by as much as 45% by prior dehydration corresponding to a loss of only 2.5% of body weight"

Insight:

The capacity to perform high-intensity exercises that cause fatigue within a few minutes

Title: *Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss in Men*

"Clinicians and athletes can benefit from field-expedient measurement tools, such as urine color, to assess hydration state; however, the diagnostic efficacy of this tool has not been established."

Insight:

Urine color helps determine hydration status

Title: *The importance of hydration*

"Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood."

Insight:

Drinking water helps regulate body temperature and prevent inflammation

Title: *Fluids and hydration in prolonged endurance performance*

"Numerous studies have confirmed that performance can be impaired when athletes are dehydrated. Endurance athletes should drink beverages containing carbohydrate and electrolyte during and after training or competition. "

Insight:

Drinking beverages that contain carbohydrates and electrolytes helps with hydration