

Why Hydrate?

How many of you have experienced feeling de-hydrated? When you're an athlete, this happens all the time. For me it happened one too many times during my years of competing in sports, so I quickly learned the importance of proper hydration. We often learn from our mistakes and that is when we make the necessary changes in our lives.

Hydration is an essential part to well being and daily life. Without proper hydration your body enters a stage called de-hydration. De-hydration is not having enough fluids in your system. Once you are feeling thirsty or have a dry mouth, de-hydration has already begun. If your dehydration becomes worse it can lead to muscle cramps, nausea, and/or headaches.

The following illustrates how the body is affected through increasing levels of dehydration.

- ➔ 1-2% - Thirst and weakness
- ➔ 3-4% - Low performance, dry mouth
- ➔ 5-6% - Headache, irritability, increased body temperature
- ➔ 7-10% - Dizziness, disorientation, heat stroke

Being well hydrated will enable the athlete to compete longer and at a higher level. Just like a car your body is a machine that requires fluids to operate efficiently. Our bodies are made up of 60% water so living without it will be difficult to survive. Some of the benefits of hydration are the following:

- ➔ Increased energy/endurance
- ➔ Burn more calories
- ➔ Staying cooler
- ➔ Decrease your recovery time

Nowadays, athletes consume fluids before, during, and after their workout(s). It is recommended to drink 14-18 ounces of water two hours prior to the start of exercise, 5-10 ounces every 20-40 minutes while exercising, and 20 ounces of fluids at the conclusion of the workout .

Hopefully, I hope after reading this article you will see the importance of hydration and make it part of your daily routine. Should you have any further questions or want more information on this topic, please contact me.