

# HYDRATION FACTS & RECOMMENDATIONS

- 75% of Americans are chronically dehydrated. It is probable that similar percentages apply to 90% of the world population.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even mild dehydration will slow down one's metabolism as much as 3%.
- One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water is the #1 trigger of daytime fatigue.
- Research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%. It can slash the risk of breast cancer by 79%, and reduce the risk of developing bladder cancer by 50%.

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## ▪ Importance of Water:

- Constitutes 60% of the adult human body by weight
- Body can only survive a few days without adequate fluid balance
- A fluid loss of 2% (of body weight) will adversely affect circulatory function and decrease performance.
- Maintain regulatory functions of organs/systems

## ▪ Daily Fluid Replacement Guidelines

- Divide weight in pounds by two and drink that many ounces of water per day. For example, if one weighs 180 lbs, this is 90 ounces of water per day which is approx 11 eight ounce cups or nine ten-ounce portions. It is best to drink the water at least a half-hour before meals and two hours after. For every 6 ounces of alcoholic beverage or coffee, an additional 10 ounces of water should be drunk due to the dehydrating effects of these.

## ▪ Fluid Replacement Guidelines for Optimal Performance

- Prior to Event/Workout
  - Consume 16 oz. of fluid 2 hours prior to exercise
  - An additional 8-16 oz. may be required in warm weather
  - 5-10 minutes before exercise drink 8 oz. of water
- During Event/Workout
  - Consume 4-8 oz. every 10-15 minutes
- Post Event/Workout
  - Consume 16-20 oz. for every pound of body weight lost to sweat.
  - Drink past the point of satisfying thirst.
  - If exercise exceeds 60 minutes, using a sports drink (containing up to 8% CHO) can replace fluid and muscle glycogen stores.
  - If exercise is less than 60 minutes, water is best choice.
  - Cold fluids are emptied from the stomach more rapidly.