

Are you HYDRATED?

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When it comes to improving your sports performance, hydration is a critical component. But what does being hydrated really mean? Being a well hydrated athlete means that you have enough water in your system to ensure all of the many chemical processes needed for optimal performance take place. Let me give you 10 reasons why you need to consume plenty of water as this is what being hydrated really means.

- Acts as a regulator of body temperature, similar to that of a radiator in a car
- Transports glucose to working muscles
- Dissolve vitamins and minerals
- Transports nutrients throughout the body
- Responsible for nerve and electrical impulses, carries messages from your brain to your muscles
- Makes up synovial fluid
- Makes up cerebrospinal fluid
- Thins the blood so it flows more smoothly
- Carries away metabolic waste
- Makes up the majority of our body composition as we are 60 - 70% water

How much water is enough?

- 6-8 glasses per day for sedentary people
- 2-3 liters per day or more for physically active people
- Your weight after a workout should be same as when you started
- Your urine should be clear and odorless
- You should be urinating every 2 hours at least



Yes you can increase your fluid intake with food too. Here are some watery ones to choose from:

Lettuce	95% water
Cucumber	95%
Tomato	95%
Orange	85%
Banana	75%
Chicken	60%

These foods help to replace electrolytes as well. Stay tuned for more next week.