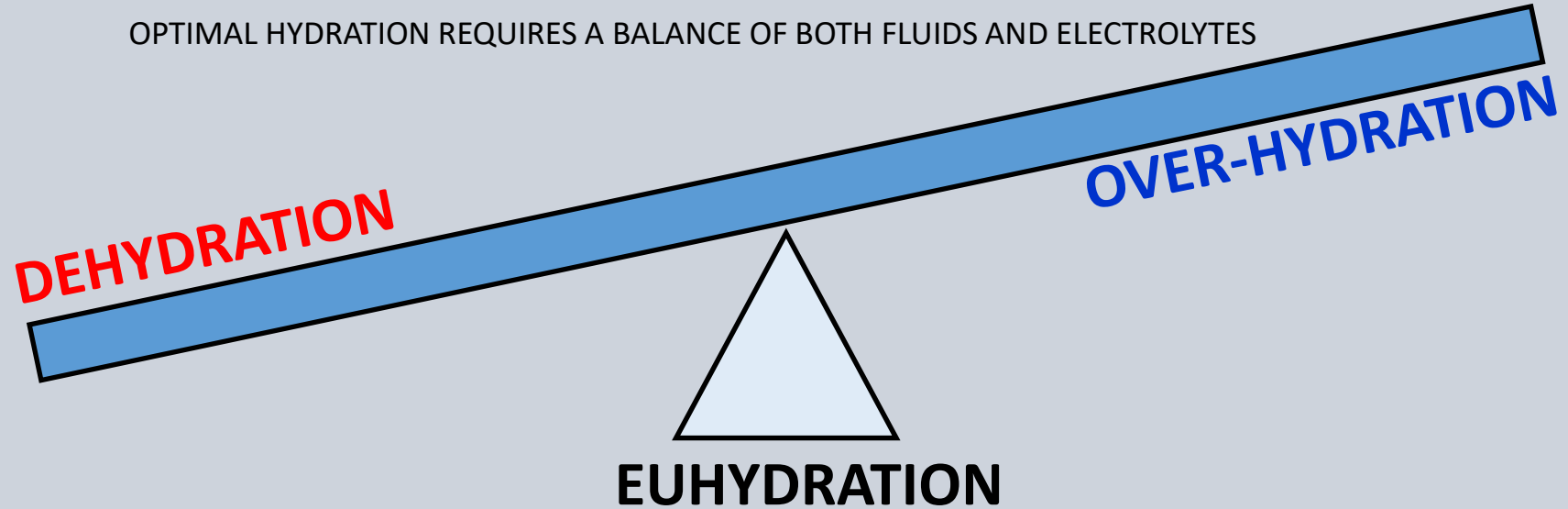


# HYDRATION

OPTIMAL HYDRATION REQUIRES A BALANCE OF BOTH FLUIDS AND ELECTROLYTES



Possible causes:

- \* Intense or long workouts
- \* High volumes of sweat
- \* Hot or humid conditions.

Could result in:

- \* Headaches
- \* Decreased performance
- \* Reduced endurance
- \* Light-headedness
- \* Fatigue

Achieved by :

- \* Consuming  $\pm 30-45$ ml per kg body weight
- \* Hydrating before, during and post training (depending on individual hydration plans)

Benefits of good hydration:

- \* Improved exercise capacity
- \* Lubrication of joints
- \* Assists temperature regulation
- \* Moistens tissues in eyes, nose, mouth

Can result in:

- \* Hyponatraemia (too much fluid, too little electrolytes)

Signs include:

- \* Weight gain & bloating
- \* Swollen hands, legs and feet
- \* Nausea and vomiting

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