



# HYDRATE IT!

Although a person is able to live without food for weeks, it is impossible to survive without water for more than a few days. This is especially true for athletes and physically active people. The human body is composed mostly of water. A 180 pound lean person has about 125 pounds of water in his body. A muscle fiber is 75% water.

Water transports essential nutrients like glucose, oxygen, and calcium to the muscles for them to work. It also carries away metabolic byproducts such as carbon dioxide and lactic acid. Water aids in digestion with saliva and gastric secretions. As a lubricant in the body, it cushions the joints, organs, and muscle tissues. Water absorbs heat and regulates body temperature through the mechanism of sweating during workouts.

For athletes, a poor fluid intake and sweating profusely affects performance. Dehydration raises the body's core temperature to the point of heat exhaustion or heat stroke if water is not consumed. Loss of fluid from the body will impair athletic performance. Dehydration reduces an athletes strength, power, endurance, and aerobic capacity.

## Pay attention to early signs of dehydration...

Fatigue

Loss of Appetite

Flushed Skin

Heat Intolerance

Headache

Dark Urine

Lightheadedness

(This information is for educational purposes only. Contact your healthcare provider if you have a health or medical question.)

**Pinnacle Health & Wellness, LLC** provide nutrition, health, and wellness programming to businesses, organizations, and schools.

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