



The Importance of Good Hydration

Physical and Mental Performance

Nirvana Spa and Pulse 8 Seminar Series – Week 7



Water is not only important for life, it is the key to **Physical** and **Mental** performance. If your body does not receive the correct amount your performance will suffer and in severe cases you could die.



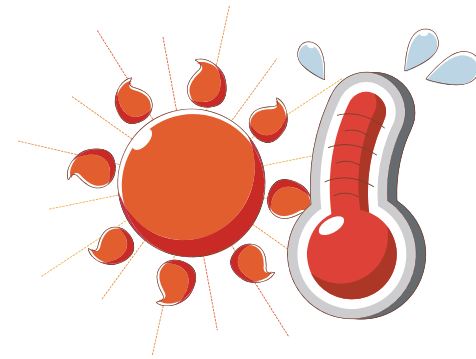
The Stats.....

- Water = Hydrogen and Oxygen (H₂O) – the building blocks of life.
- The human body is mostly made up of water (60-65% in males and ~50-60% in females)
- Water has many important bodily functions such as forming blood plasma, organ function and psychological/physiological functioning
- It is vital that you keep yourself hydrated.



Supply and Demand

- The human body requires between **one and seven litres** a day to function properly.
- Dependent on:
 - Level of activity
 - Temperature
 - Humidity
- ~2 litres a day (6-7 glasses) is often considered to be the minimum necessary!
- Hyper-hydration? (can we drink too much?)





Reasons to increase fluid intake....

- An increase in humidity
- Participation in physical activity (exercise, gardening, cleaning)
- Following physical activity
- When consuming alcohol
- With increased perspiration



Feeling Thirsty?

Thirst is a natural reaction, not a warning sign. If you are thirsty, you are already **dehydrated!**



Levels of Dehydration

Effects of fluid loss on the body (-?% = Body mass lost as sweat.)

-2%

- Impaired Performance

-4%

- Capacity for Muscular work declines

-5%

- Heat Exhaustion

-7%

- Hallucinations

-10%

- Circulatory collapse and heat stroke





Benefits of Good Hydration

- Increases psychological functioning (awareness, clarity, alertness)
- Facilitates peak physical performance (counters sweat loss)
- Efficient digestive system – flushes out toxins, maintains the body's 'flow'
- Good skin complexion – softens skin texture
- Prevents joint soreness/stiffness – joint mobility
- Relieves back pain
- Helps control body weight – resets the thirst mechanism?



Drinking Tips.....

- Drink a glass of water when you wake up – you lose water through sweat whilst sleeping!
- Urine colour/quantity is another indicator of hydration status (**BUT** it is another reaction, not a warning – dark urine means you are already dehydrated!)
- Counterbalance any **Alcohol** or **Coffee/Tea** with a glass of water! (both are diuretics).
- Whilst training, drink approximately 150ml every 15 minutes of exercise



Drinking during exercise....

- Just remember...

KEEP HYDRATED!!

(Fountains located around the club!)



Water?

Performance Drinks? (Lucozade, Gatorade)

Homemade Energy Drinks?!



As simple as it sounds, Water is the secret
to good health!!



Questions?