

### **What is dehydration?**

Dehydration is the depletion of the bodies water content and also a life threatening condition. Drinking plenty of water before, during, and after exercise will help prevent excess loss of water and therefore prevent dehydration.

Water accounts for 45-70 percent of the bodies volume, so it is easy to see why it is so important to keep fluid levels up not just when training, but always.

### **Common causes of dehydration are:**

- *Not drinking enough fluid*
- *Vomiting*
- *Diarrhea*
- *The use of diuretics that cause the kidneys to excrete excess water and salt*
- *Overheating*
- *Fever*
- *Diabetes can lead to dehydration*

On average the human body loses around 2.5 percent of its total body water each day, which is equal to 1.2 litres from urine, expelled air, perspiration, and through the gastrointestinal tract.

### **Symptoms of dehydration include:**

- *Feeling thirsty (the most obvious)*
- *Sunken and dark looking eyes*
- *Headaches*
- *Dry mouth*
- *Dark urination*
- *Feeling tired and irritable*
- *Skin tone is lost and is not as good at keeping it's colour*

### **Symptoms that need urgent treatment include:**

- *Blood in the stools*
- *High fever*
- *Extreme weakness*
- *Collapse*

It is recommended that for each 25kg of body weight that you carry, you need to consume 1lt of fluid. Therefore a 75kg person should ideally be drinking 3lt of water a day, and even more when active.

Water contains no calories, additives, sugars, and is so refreshing. Just picture yourself training hard, working up a sweat and the thirst is building... How good does it feel to have a nice chilled bottle of water? It feels awesome!

**Drink up, stay hydrated and healthy**