



HYDRATION FOR PEAK PERFORMANCE

In the quest for peak performance, one of the most basic nutrients is one of the most overlooked. WATER. Muscles that drive performance are comprised of 75% water. Your brain that determines your movements is 76% water. Your bones are 25% water. Your lungs that provide oxygen are nearly 90% water. The blood that transports nutrients to your cells is 82% water. (1) The facts are quite simple. The most important nutrient for human performance is water.

The benefits of consuming adequate amounts of water are overwhelming:

- * Neurological Performance
- * Liver Function
- * Metabolic functions improve
- * Endocrine-gland function improves
- * Appetite Suppressant
- * Decrease chance of injury (quality of tissue)
- * Detoxify

Numerous studies indicate that peak performance is dependent of hydration levels. A study at Ball State University took long distance runners and dehydrated them by just 2-3% (3-5 lbs. for a 165 lb. man). These athletes then ran their typical 10K runs, performance decreased by 7%. 7% on a 30 minute run adds a whopping 2 minutes to the total. 2 minutes is the difference between first place and last place. (2)

How Much Water Is Enough?

Dynamic Health & Fitness utilizes the guidelines of Dr. Batmanghelidj in suggesting that a person drinks half their bodyweight in ounces of

water daily. (3) Water intake can increase if activity is higher or temperatures have increased.

Exercise And Fluid Replacement Guidelines (4)

- * Drink 17-20oz. Approximately one hour before activity
- * Drink 7-10oz. About every 15 minutes of exercise
- * Drink 20oz. Of water per pound of weight loss within 2 hours of activity
- * Fluid should be cold because they empty from stomach quicker

Summary

It is vital to remember the importance of building a strong foundation in the quest for peak performance. In most cases a strong foundation is quite simple, and this case is no different. Water is the foundation for peak performance.

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References:

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- 3: Chek, Paul Flatten Your Abs Forever 2001 Chek Institute
4. NATA Position Statement: Fluid Replacement J.Athletic Training