THE IMPORTANCE OF WATER

Hydration is a vast topic, we have come a long way from “8 glasses of water per day”. I once watched a movie where the villain’s plot was to cause all the available drinking water to rapidly evaporate. A heinous fellow indeed. Arguably the most valuable resource on earth, humans can only go a very short time without water, and mankind would unlikely survive the dastardly plan.
All jokes aside, the data on exactly how much hydration is need before, during and after activity is a topic of much scrutiny and perhaps thousands of research studies have been conducted.
So for this presentation we will stick to basic facts abou the basic rehydration fluid – water.
We will cover the importance and functions of water, and recommended intake. For other rehydration beverages, we will save that for another time, for that my friends, is quite an adventure.

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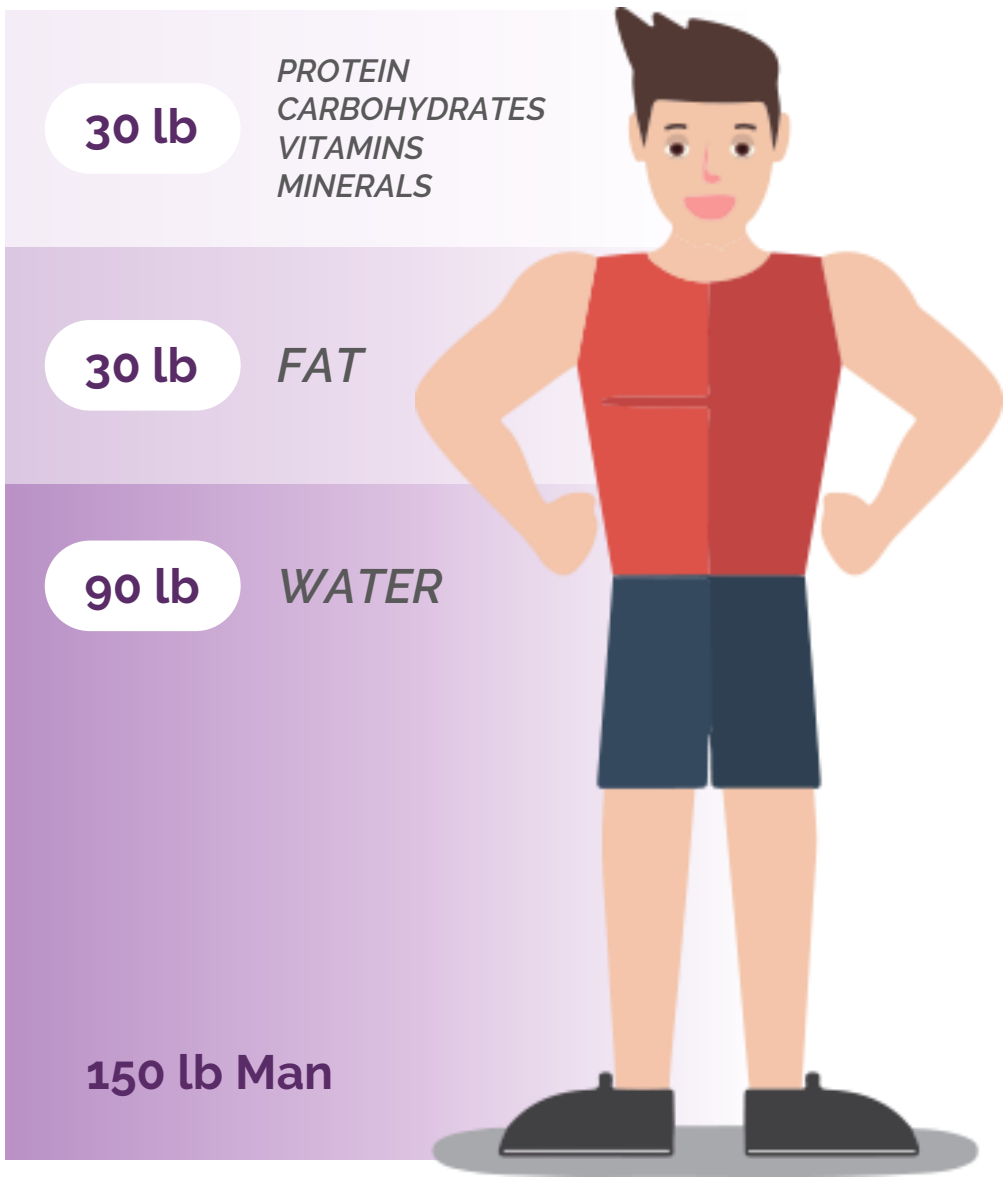
THE IMPORTANCE OF WATER

For the human body, water is a vital resource. We know it is indispensable for life itself, and it provides a host of essential functions for good health.

There is no more important nutrient in our bodies than water. It is the most widely used nutrient at work within the body's functions and processes, as well as constituting a huge part of its physical makeup.



The typical man is made up of around **60%** water, a woman around **50%** and our brains around **75%**. We can only survive a small number of days without water, yet can survive weeks without food.

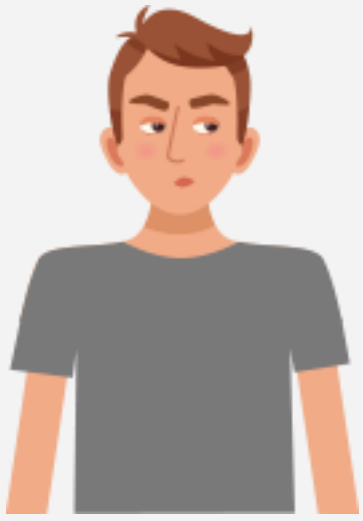
EFFECTS OF
DEHYDRATION

Daily water intake is extremely important in helping to replenish the water lost through our bodily processes including urination, sweating and breathing.

WHEN THE WATER IS NOT REPLACED, WE BECOME DEHYDRATED:

1% DEHYDRATION

we become thirsty with reduced concentration



5% DEHYDRATION

we become hot & tired with decreased performance

10% DEHYDRATION

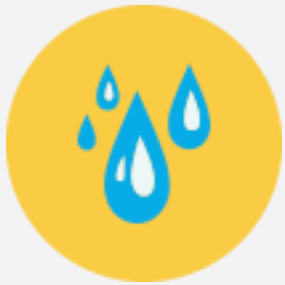
delirium and blurred vision

20% DEHYDRATION

may result in death

THE FUNCTION OF WATER IN THE BODY

Transports nutrients through the body



Moistens eyes, mouth and nose

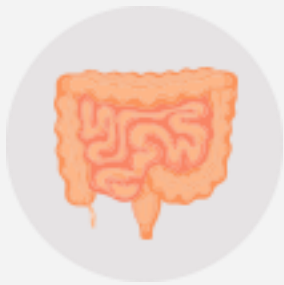
Can help maintain pH and electrolyte balance

Participates in many chemical reactions

Helps maintain normal body temperature

Reduces chances of kidney stones

May reduce cancer risk



May reduce constipation

Ensures adequate blood volume

Forms main components of body fluids

RECOMMENDED
SOURCES OF WATER

- *Potable (drinking) water*
- *Bottled water*
- *Artesian water*
- *Ground water*
- *Mineral water*
- *Purified water*
- *Sparkling bottled water*
- *Spring water*
- *Well water*

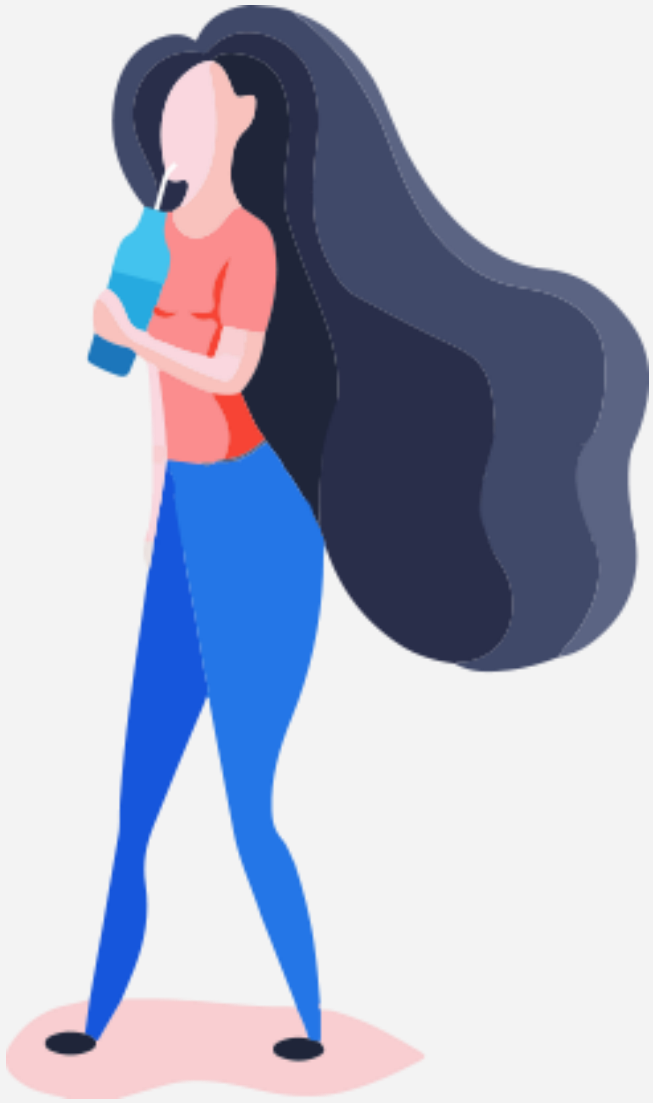
RECOMMENDED
WATER INTAKE

Water leaves the body through several routes - this amount equals between 1.4-2.8 litres per day.

ADVISED WATER CONSUMPTION FOR ADULTS

*Consume **1-1.5 ml** of water for each calorie-expended daily.*

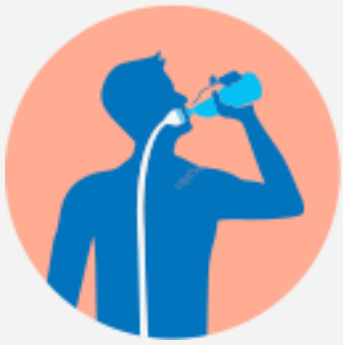
*For example: if your daily energy expenditure **(BMR x activity level) is 2000kcal per day**, then you would require **2-3 litres** of water per day.*



EXERCISE AND
WATER INTAKE

Water consumption throughout training should be a given, and it is suggested for every pound in bodyweight lost between the start and finish of training, 500ml of water per pound should be replaced.

THE GENERAL GUIDELINES WORK VERY WELL:



When thirsty, drink.

When not thirsty anymore, stop.

During high heat and exercise, drink enough to compensate for the lost fluids.