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H2Ultra Article #2 – Water and Physical, Mental and Emotional Performance

Think of the way any engine runs – your car, an airplane, a lawnmower. One thing they all have in common is a need for fluid lubrication. Take that out of the equation, and the engine comes to a complete stop. Your brain and body work the same way. Water is the medium in which all processes take place. Every cell communicates with its neighbors using electric signals, which flow best when there is adequate hydration in and around the cells. In fact, all chemical reactions, including brain activity, take place in water.

Thus, it is reasonable to expect that when your body does not have the water it needs, it will not perform as well as you would like it to. This goes for physical, mental and even emotional performance. Adequate hydration is essential for all three. Thirst itself is not the best indicator of a need for more water, due to signaling delays between body and brain. Did you know that by the time you feel thirsty, you may experience a 10% decline in mental acuity, attention and concentration? That can hurt your ability to make decisions and perform at the top of your game – whether on your bike, in a marathon, or presenting at the weekly office meeting.

When it comes to sports, maintaining good hydration is one of the most basic things you can do to make sure your body is working at its best. When you are being active, your body can produce 30 – 100 times more heat than when it is at rest. The body cools itself by sweating, which means water loss for the athlete. Many athletes wait until they are thirsty before they drink, but by that point, they may have lost 1% of their body weight in sweat; this is equivalent to about 24 ounces of water loss for a 150-pound athlete. That type of loss can translate into an increased heart rate of three to five beats per minute. This increased heart rate increases your breathing rate, so you feel as if you are working harder. By the time you experience a 2% loss of fluids, your heart rate increase by eight beats per minute. At a 3 – 4 % fluid loss, you will experience a significant decrease in athletic performance, along with lethargy, apathy, and potential for heat-related illness.

Luckily, there is a cure for dehydration...water! Drink it, and drink it often. It is important to hydrate well before, during and after athletic performance, and throughout the day even when you're not physically active. Nothing is better for hydrating than water, which is exactly what every cell in your body is thirsty for. The best way to encourage yourself to drink enough water is to make sure the water you are drinking is clean, smooth and has a good taste. Unlike tap water, which can be full of chlorine and various chemicals that adversely affect its flavor, a premium bottled water product, like H2Ultra, assures a tasty drink that will get you gulping.

The recommendation for athletes is to consume fifteen 8-ounce glasses of fluid a day, 5 – 6 of them as pure water. So, grab a bottle of H2Ultra, jump on the bike, lace up your running shoes, or grab the soccer ball and go give it your all!

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