

# HYDRATION

## WATER AND YOUR BODY

- \* Water is the primary building block of cells
- \* Water acts as an insulator, regulating internal body temperature
- \* Water lubricates your body's joints
- \* Water is needed to digest food and metabolize proteins and carbohydrates
- \* Water insulates the brain, spinal cord, organs, and fetus. It acts as a shock absorber
- \* Water is used to flush waste and toxins from your body
- \* Water keeps your skin looking smooth, healthy, and young
- \* Water balances your lymph system. These glands help you perform your daily functions, balance, your body fluids, and fight infection

## DID YOU KNOW...?

- \* The human brain is made up of approximately 75% water and your body is approximately 60%-75% water
- \* For every 1% drop in cellular hydration, the human body loses 10% of its metabolic efficiency
- \* Water helps with weight loss. Drinking at least 16oz of chilled water in the morning can boost your metabolism by 24%
- \* You should drink 10oz of water for every 2lbs of body weight
- \* Athletes should drink 16oz of water 2 hours before competition and 20oz of water per hour during exercise or competition
- \* By the time you feel thirsty, your body is already dehydrated

# PERFORMING AT YOUR BEST

- \* To perform at your best, get 8+ hours of quality sleep every night
- \* Eat well balanced meals (Protein+Carbs+Healthy Fats)
- \* Eat healthy meals/snacks every 3 hours
- \* For proper post-workout recovery, athletes should immediately consume 20-25 grams of a quality liquid protein, followed by 75 grams of carbs (whey protein and some Fig Newtons work well for this))
- \* Visualize success! Studies show that positive thinking inspires confidence and increases blood flow to skill areas of the brain
- \* Athletes should avoid alcohol! Alcohol disturbs your sleep, which can prevent muscle repair/growth, increasing risk of injury
- \* One night of drinking can lead to the loss of up to 14 days training effect. Getting drunk isn't worth losing 2 weeks of hard work
- \* Athletes who use marijuana have reaction times up to 3 times slower than athletes who don't use weed
- \* Using marijuana blocks the body's production of Growth Hormone... athletes who smoke weed stop getting stronger and faster