

Element 2.3 Fluid replacement for exercise

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Why the body needs regular fluid intake

Our bodies are roughly 60% water. Water provides the right environment for our cells to work and allows materials to move from one place to another. Water also helps us keep cool. When we sweat we lose water but the evaporation of the water works to cool us down to the correct temperature. Even when we breathe we are using up our bodies fluid so it is very important to constantly replace the fluid in our bodies that is lost.

Exercise makes our bodies use energy, a by-product of your metabolism and energy creation is heat this is why we sweat when we exercise. It is very important to replace fluid lost during and after exercise.

What happens if we don't replace fluid?

Dehydration is caused by not having enough fluid. If you are dehydrated you will have reduced endurance and strength as well as reduced concentration and at high levels of dehydration complete confusion.

The best way to replace fluids

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How can I tell if I am dehydrated?

The easiest way to tell if you are dehydrated is from your urine. If it is dark in colour and smells you are probably dehydrated. Another way to tell is to weigh yourself before and after exercise. If you have lost a significant amount of weight this will be fluid loss and you should drink some water to replace that fluid. Headaches can all be a sign of dehydration this is the reason you get a headache (hangover) if you have been drinking lots of alcohol.

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