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HYDRATION FACTS

1. Though caffeine has a mild diuretic effect, caffeine consumption of < 400 mg in a sitting (higher amounts have not been studied) does not affect fluid balance at rest.
2. There is no evidence that creatine increases risk of dehydration, muscle cramping, muscle tightness or muscle injuries. ,
3. Dairy milk and an oral rehydration solution helped recreationally active healthy men maintain hydration at rest better than many other common drinks including water, cola, diet cola, a sports drink, coffee and tea.
4. Dehydration may reach a 2 to 3% decrease in bodyweight before a person feels thirsty.
5. Laxatives can lead to diarrhea, dehydration and electrolyte imbalances.
6. Children and the elderly have an increased risk of dehydration.
7. Risk for hypohydration is greater in hot, humid environments and at altitude. Clothing, equipment, heat acclimatization, exercise intensity, exercise duration, body size, and individual variations in sweat rates all affect risk of hypohydration.
8. Your hydration level might affect your ability to study and do well on tests. Some research shows a body water loss of just 1 to 2 percent (1.5–3 lbs. for a 150–lb. person) can impair concentration and short-term memory, while increasing reaction time, moodiness, and anxiety.
9. Athletes, particularly those competing in prolonged endurance events, and consuming only water or low-sodium beverages, might be at risk for hyponatremia, dangerously low blood sodium.
10. Sweat losses reaching 2 to 3 percent body weight loss can increase core body temperature and sweat losses of > 2 percent, especially in the heat, can negatively impact affect athletic performance.



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Post Workout Antioxidant Recovery Smoothie

References:

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2. Dalbo VJ, Roberts MD, Stout JR, and Kerksick CM. Putting to rest the myth of creatine supplementation leading to muscle cramps and dehydration. *Br J Sports Med* 42: 567-573, 2008.
3. Greenwood M, Kreider RB, Melton C, Rasmussen C, Lancaster S, Cantler E, Milnor P, and Almada A. Creatine supplementation during college football training does not increase the incidence of cramping or injury. *Mol Cell Biochem* 244: 83-88, 2003.
4. <https://pubmed.ncbi.nlm.nih.gov/29635499/>

