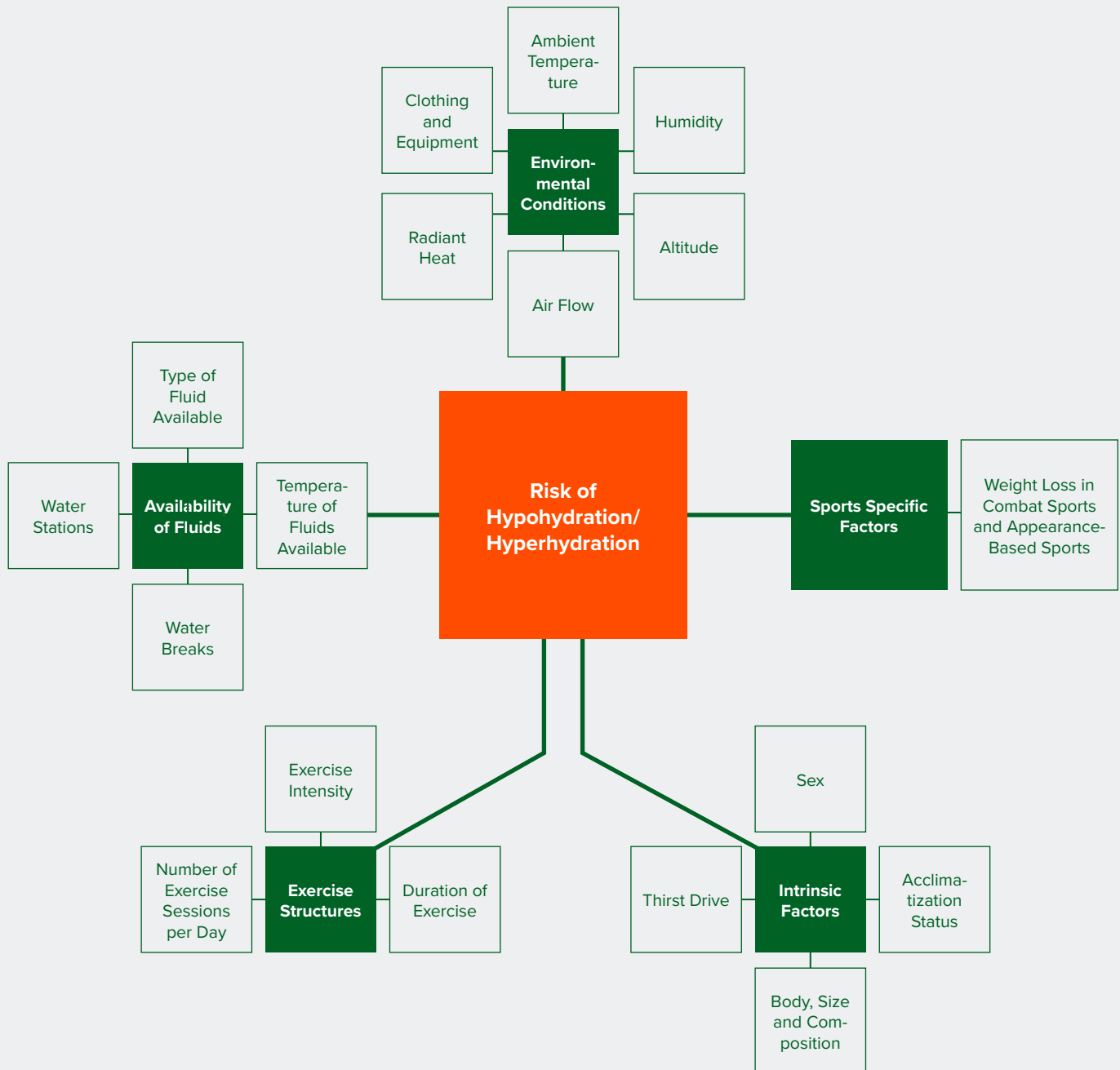


PRACTICAL HYDRATION SOLUTIONS FOR SPORTS

RISK OF HYPOHYDRATION

Normal hydration is typically maintained through behavioral and biological controls. However, exercise can disrupt fluid balance, which can negatively affect performance and safety during exercise, especially in hot environmental conditions.

Fluid needs are individualistic and rely on a variety of factors, including personal sweat rate, exercise intensity, environmental conditions and exercise duration. The figure below offers a look at the various factors that contribute to the risk of hypohydration during exercise.





Adapted from Practical Hydration Solutions for Sports. 2018.

