

13 Hydration – Your Best Kept Secret

Summary Resource

Let's Recap!

Module 13 – Hydration

In module 13, you have discovered hydration: your best kept secret!



This guide offers a quick recap on the key points covered. You can come back to it at any point throughout the course, or why not download and save it alongside your notes?

It's then yours to keep forever!

Why is water important?

The human body is made up of approximately **60% of water by weight**, and that water is distributed differently across various tissues, organs, and bones in the body.

We require water to survive. Water is essential for our blood system carrying essential glucose, oxygen and nutrients to cells, for the kidneys to excrete waste product, to lubricate our joints and eyes, aid our digestive system function and keep our skin healthy.

Water is also essential for us to **regulate our body temperature**. Sweating is a highly effective way to decrease body temperature and prevent over-heating.



What are the benefits of maintaining our hydration?



Maintaining a hydrated state can help to optimise both **physical and mental performance** through delivering key nutrients to our cells, allowing us to regulate our body temperature optimally, optimising our mood and our decision making.

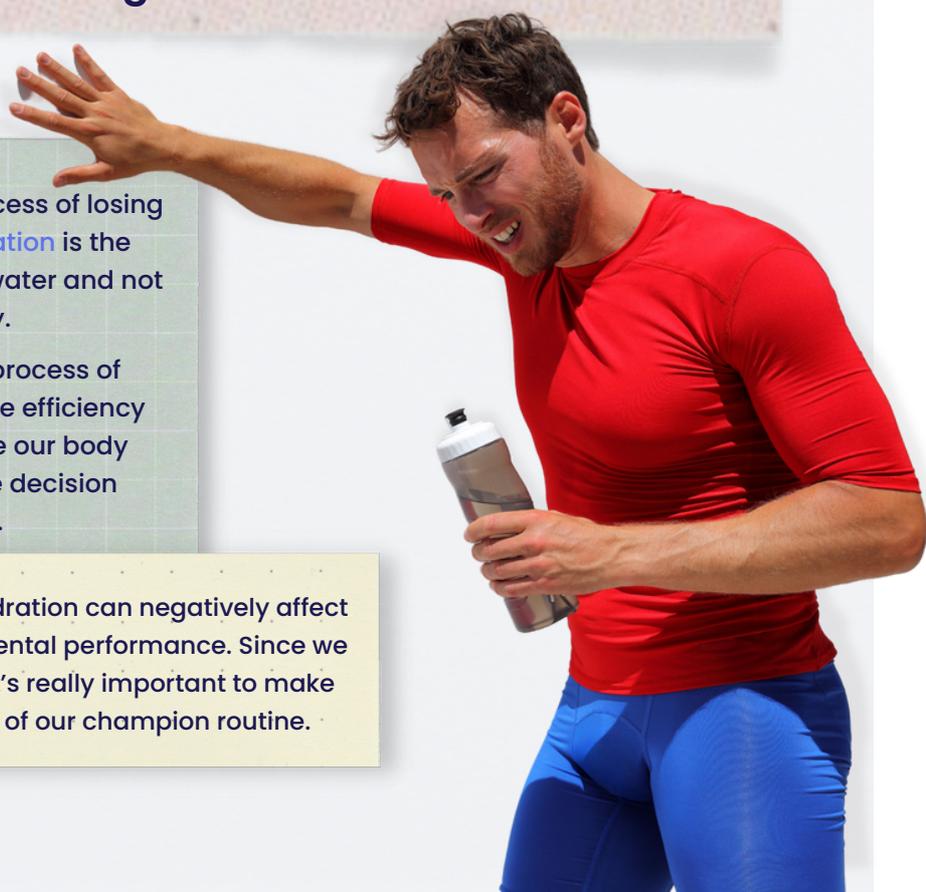
This means hydration can affect not just sporting performance, but our **performance in the class room** and doing other mentally demanding tasks that we may enjoy such as learning instruments and gaming.

What are the consequences of losing more body water than we take in through drinks and food?

Dehydration is technically the process of losing body water, whereas **hypohydration** is the state in which we have lost body water and not replaced it adequately.

As our body goes through the process of dehydration, we gradually lose the efficiency to deliver key nutrients, regulate our body temperature and rapidly make decision amongst other issues.

This means that hypohydration can negatively affect both our physical and mental performance. Since we can usually avoid this, it's really important to make staying hydrated part of our champion routine.



What do high performers say about hydration?

To help keep on top of her hydration throughout the day, **Asha Philip** sets up a 'Winning Environment'.

She places water bottles in key locations (such as at the track, at her desk and in the kitchen) to help remind her to keep sipping away and prevent her from going too long without fluids (and becoming dehydrated).



Tai Woffinden told us drinking plenty of water throughout the day is crucial in helping him maintain peak performance both on and off the track.

Tom Clark told us It's beneficial to pay close attention to your hydration throughout the day to ensure you're well hydrated but also to not drink too much fluid in the hour before bed.

This will help to prevent you from waking up and needing to go to the toilet throughout the night (which then compromises the quality of your sleep).



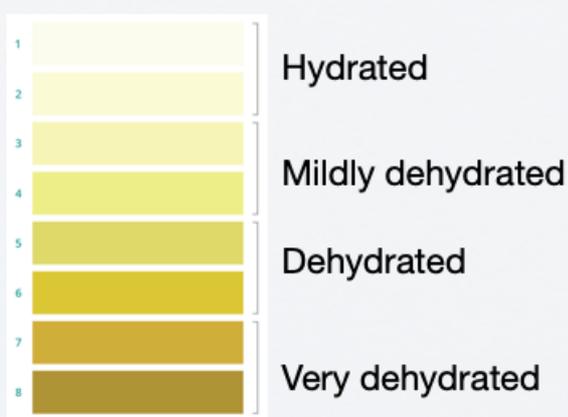
Photo Credit: Express & Star

How can you optimise your hydration?

1

Monitor your thirst and urine colour.

As we learnt video 1, a dark urine colour and thirst combined usually tells us that we are hypohydrated (i.e. we have experienced dehydration).



Important tips:

The pee colour chart is only a guide!

Certain foods, medications and supplements can change the colour of your urine, even if you are hydrated.

Thirst or urine colour **alone** aren't reliable indicators of dehydration.

2

Try to consume 2-3L of water per day.

This could look like 6-8 glasses of water or 2-3 x 750ml reusable water bottles. Hydrates you without providing extra calories or harming teeth + 1 x 250 ml glass of milk. Good source of nutrients including calcium, iodine, B vitamins and protein + 1 small glass of natural fruit and/or vegetable juice. Provides some vitamins and minerals.

3

Consume fluids throughout the day.

Consume fluids throughout the day rather than needed to try and rapidly rehydrate with lots of fluid in the evening. This can have a negative consequence of disturbing your sleep by needed to urinate.

4

Include high water content foods in your diet

Many fruits and vegetables have a high water content that is absorbed when we eat the foods. These foods also contain minerals and vitamins that are beneficial for our health.

PhotoCredit: Rich Cruse



Should we minimise certain fluids?

Caffeinated drinks

Although caffeinated drinks label themselves 'energy drinks' they are actually stimulants more than they are providing energy. This means that they stimulate the central nervous system to increase our alertness and wakefulness.



Important

Too much caffeine however, has a detrimental effect to attention and focus and negatively affects sleep duration and quality.



Concentrated fruit squash/cordial

Concentrated fruit squash/cordial often contains a lot of added sugar. If you drink a lot of this, a simple step towards a healthier hydration approach would be to switch to no added sugar alternatives.

As you can see in this example, in just one diluted glass of squash, there is 16x more sugar in the original vs no added sugar alternative! If you have several glasses per day, this really adds up to an unhealthy amount of sugar.

Per 250ml
diluted serving

11.5g sugar
49 kcal



Original



No added sugar

Per 250ml
diluted serving

0.7g sugar
6 kcal



How can habits help?

Let's Recap:

In module 6 - Habits of champions, we discovered how to use habit formation to maximise positive behaviours that serve us well.

We can lean on this method again to optimise our hydration!



The habit stacking formula is simple:

After/before [CURRENT HABIT], I will [NEW HABIT]

It's super easy to use this technique to improve your hydration habits!

You've already identified your habits in module 6 and perhaps have developed new ones since. Pick one of those daily habits, like brushing your teeth in the morning [current habit] and commit to drinking a glass of water [new habit] when you do this.

Top tip:

Bring your own water bottle!

- Saves money
- It is a helpful reminder
- It is better for the planet
- Better for your health
- Under your control



Rehydrating after exercise

As we have learned in this module, exercise, particularly in hot conditions will increase our fluid losses dramatically because it is a primary way that our body will keep us cool.

Rehydrate
Refuel
Recover



Immediately after exercise

Dried fruits	Fresh fruits	Drinks with sugar & salt

Longer term rehydration (hours)

Mineral water	Milk	Soups	Fruits & vegetables

Time to take action!

1 What are you currently doing?

Staying hydrated partly depends on our behaviours or habits. Before we can adjust, change or improve our habits we have to be aware of what we are currently doing.

Try to answer following questions:

- How much fluid do you consume on a daily basis?
- How much of the fluid that you consume is water?
- Do you think you have room for improvement?

2 Monitor yourself

Over the next 48 hours, use the [urine chart](#) provided in the summary document and your perception of thirst to monitor your hydration status.

3 Start using 'Caffeine tracker'

Try to recall the caffeine foods and drinks you have consumed today. You can use the caffeine guide in your Caffeine tracker document to help you identify caffeine containing products. You can do this activity as part of your bedtime routine!

The goal is to identify foods and drinks that contain caffeine and limit these after 12 noon.

You can find out more on how to implement this template in day-to-day life by downloading our '[Caffeine Tracker](#)' resource attached to this module.

