

## Why is Hydration Important?

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With the arrival of hot, sunny, summer weather, it is important to ensure you are staying hydrated. Our bodies are made up of 65-70% water, and water is found in all of our foods and drinks. Sweating is your body's way of cooling itself; however, performance decreases as fluid is lost through sweat. We also lose electrolytes through sweat.

Electrolytes are complex and levels are different for each person. Electrolytes lost through sweat include; sodium, chloride, potassium, magnesium and calcium. Keep in mind that all electrolytes work together to maintain fluid balance in the body at rest and during physical activity.



Sometimes hydrating needs to include more than just drinking water!

It is important to note that thirst is not the first sign of dehydration. When you start to feel thirsty, you have already lost 2% of body weight. Exercise, or vigorous work, can dull thirst. A shortage of fluids, or dehydration, can lead to fatigue, lack of focus, muscle cramping and poor performance.

**Do you have a specific question** about hydration or fluid intake for a specific sport? Ask one of your healthcare providers to help direct you.



**Dr. Cynthia van Hellemond, DC** is co-owner and practitioner at Pursuit Health Orangeville. Where her mission is to **educate, support and empower** as many people as possible in the Orangeville area to fulfill and maintain their health goals and inspire a better quality of life. To book appointment please call 519-940-3600 or book your appointment online at [www.PursuitHealthOrangeville.com](http://www.PursuitHealthOrangeville.com)