



Why Sufficient Hydration Necessary for Staying Healthy and Physically Active?

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Introduction

Keeping the body hydrated makes it easier for the heart to pump blood to the muscles through the blood vessels. It also aids in the proper functioning of the muscles. According to the study, if you stay hydrated, your heart won't have to work as hard. Dehydration is a dangerous condition that can cause everything from swollen feet to headaches to life-threatening conditions like heat stroke.

How much water is needed?

What does it mean to be well hydrated? The amount of water required by a person is determined by the weather, the clothing worn, and the intensity and length of exercise. A person who sweats profusely will require more water than someone who does not. Certain medical disorders, such as diabetes or heart disease, may necessitate increased water consumption. People with cystic fibrosis sweat contains excessive levels of sodium, thus they must exercise caution to avoid dehydration. Furthermore, certain drugs have diuretic properties, causing the body to shed more fluid.

Thirst isn't always a good signal that you need to drink something. You're already dehydrated if you're thirsty. Pay attention to the color of your urine for the simplest solution. You're well hydrated if it is pale and clear. Drink more fluids if it's dark.

Researchers recommend weighing oneself before and after exercise to see how much fluid you've lost through perspiration. It's especially useful for sportsmen training during the hot summer months.

You'll need to replace a pint of water for every pound of perspiration you lose. It's not uncommon for a high school football player to shed 5 pounds or more of perspiration during a summer session while wearing pads and running through drills. When you don't sweat during severe physical exercise, it's a sign that you're dehydrated to the point of heat exhaustion.

Hydration Not Just for Athletes or Who Exercises

Hydration is crucial at all times, not only during physical exercise. Even if you aren't exercising, sitting in the sun on a hot or humid day might cause your body to require more fluids.

People with a cardiac disease, those over the age of 50, and those who are overweight may need to take particular measures. If you're travelling, it's also a good idea to keep track of your hydration.

Water is best fluid

Water is the greatest and best drink to stay hydrated for the majority of people. Foods that have a high proportion of water, such as fruits and vegetables, are also good sources of water. Electrolyte-fortified sports beverages may be beneficial for persons who engage in high-intensity, intense activity in extremely hot conditions, but they are typically rich in added sugars and calories. It's better to drink water while exercising and then eat a nutritious snack like orange slices, bananas, or a small handful of unsalted nuts when you're done.

Fruit juices and sugary drinks, such as soda, should be avoided if one is dehydrated, as they can be hard on the stomach. Caffeine-containing beverages should also be avoided because they function as a diuretic, causing you to lose more fluids. Drinking water before exercising or going outside in the sun is thought to be a crucial first step. It is far more vital to drink water beforehand.

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