**WATER**

* Water is only second to oxygen in importance to the human body.
* Biological processes necessary for life would cease in a couple of days without it.
* Up to 60% of the human body is composed of water
* This is maintained through intake of fluid through fluids or solids
* A loss of 1% can lead to dehydration symptoms including headache, fatigue, loss of appetite, heat intolerance, light headedness and muscle cramps

**FUNCTIONS OF WATER**

* Controls body temperature
* Lubricates joints
* Protects organs
* Removes waste
* Carries blood cells and nutrients around the body

**HOW MUCH SHOULD WE DRINK?**

* **In normal weather** (20 degrees) the average female need approximately 2,200mL of water per day to replace normal daily losses
* *some of our fluid requirement* comes from our food
  + If an average woman consumes 2200kcal of food- approximately 700mL of water will come from this reducing the overall need of water.

These recommendations are based on an average body weight in a normal climate (20 degrees) without excessive exertion from sport or other physical activity.

**BUT REMEMBER…**

Additional fluid is required

* To cover sweat loss during exercise
* In hot and humid environments
* With increased salt, protein, fiber, alcohol and caffeine intake

**FOR GAMES AND TRAININGS**

During winter on average, players loose

* An average of 915ml/h **during training**
* An average of 1065ml/h **during games**

During summer on average, players loose

* An average of 1300ml/h **during training**
* An average of 1295ml/h **during games**

**Therefore….**

* Prior to trainings or games athletes need to drink another 1.5 glasses
* Although water is contained in many drinks. Consumption of alcohol, caffeinated tea and coffee and soft drinks will require an increased fluid intake as they have a diuretic effect

**CONSEQUENCES** of not replacing fluid loss will result in DEHYDRATION

Signs and symptoms of dehydration include

* Increased perception of effort
* Increased body temperature and heart rate
* Reduced mental function
* Poor concentration and coordination
* Fatigue or dizziness
* Nausea
* Vomiting
* Headache
* Muscle or stomach cramps
* Thirst
* Dry mouth
* Dark yellow urine

Low fluid intake has also been associated with a higher risk of kidney stones and urinary tract cancers

**SUMMARY:**

* As a minimum on a normal day an average weight woman needs 5-6 glasses of water per day.
* You intake will need to increase if partaking in strenuous physical activity or drinking caffeinated drinks

Please feel free to contact me on (08) 8263 8844 if you have any queries. If I am consulting, leave a message and I am more than happy to call you back.

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