

GENERAL HEALTH & WELLBEING

TOPIC 3:

HEALTHY HYDRATION & AVOIDING ALCOHOL

INTRODUCTION

Your body is largely composed on water. For the average adult, 60% of body weight is accounted for by water!

Dehydration is one of the main reasons for feeling fatigued. This can be caused by not drinking enough water or by losing too much fluid, for example sweating.

Losing just 2% of your body weight can impair your performance.

SIGNS OF DEHYDRATION

- These include decreased performance, dizziness and headaches, poor concentration, thirst, irritability, fatigue, vomiting, cramps, concentrated dark yellow urine.

THIRST

- Thirst may not be a reliable guide to deciding if you are dehydrated, especially in older adults.
- Drink more when the weather is hot, you're exercising, or ill.
- Light yellow urine is a good indication that you're getting enough fluid.
- Ensure you replace essential salts and electrolytes as well as these help to hydrate your body more effectively.

AVOID EXCESSIVE ALCOHOL CONSUMPTION

- Excessive alcohol consumption can affect both your physical and mental health.

- The current recommended guidelines by the UK government are 4 units or less daily for men, and 3 units or less daily for women.
- A pint of standard lager contains approximately 2 units, this can vary between brands.
- Your body needs longer than 24 hours to recovery from a heavy drinking session. This will impair your performance in training and competition.
- If you have an important training session or competition coming up, the safest thing you can do from a performance perspective is to avoid alcohol completely!

Key phrases: Hydration, Fluid Loss, Fatigue, Impaired Performance, Avoiding Alcohol

ADDITIONAL RESOURCES

VIDEOS-

ALCOHOL UNITS- WOMEN.

<http://www.nhs.uk/Video/Pages/alcoholunitswomen.aspx>

ALCOHOL UNITS- MEN.

<http://www.nhs.uk/Video/Pages/alcoholunitsmen.aspx>

ALCOHOL MISUSE- A PATIENT'S STORY.

www.nhs.uk/conditions/alcohol-misuse/pages/introduction.aspx