

Nutritional Helpful Hints:

Hydration Impact on Muscle Health

To combat dehydration, researchers encourage people engaging in strenuous activities not to wait until feeling thirsty to drink. Dehydration can start before the body recognizes thirst, so it's important to consume water at regular intervals during any type of exercise.

The benefit of staying hydrated is the impact it has on muscle health.

Muscles are mostly made up of water, not protein. Staying hydrated not only keeps your muscles looking larger, but it's essential in filtering out post-exercise toxins that slow down protein metabolism and muscle growth. Dehydration also impacts physical strength, meaning less intensity during workouts.

Experts recommend drinking 32 ounces of water before you exercise, then sipping 6-8 ounces of water every ten minutes during your workouts.