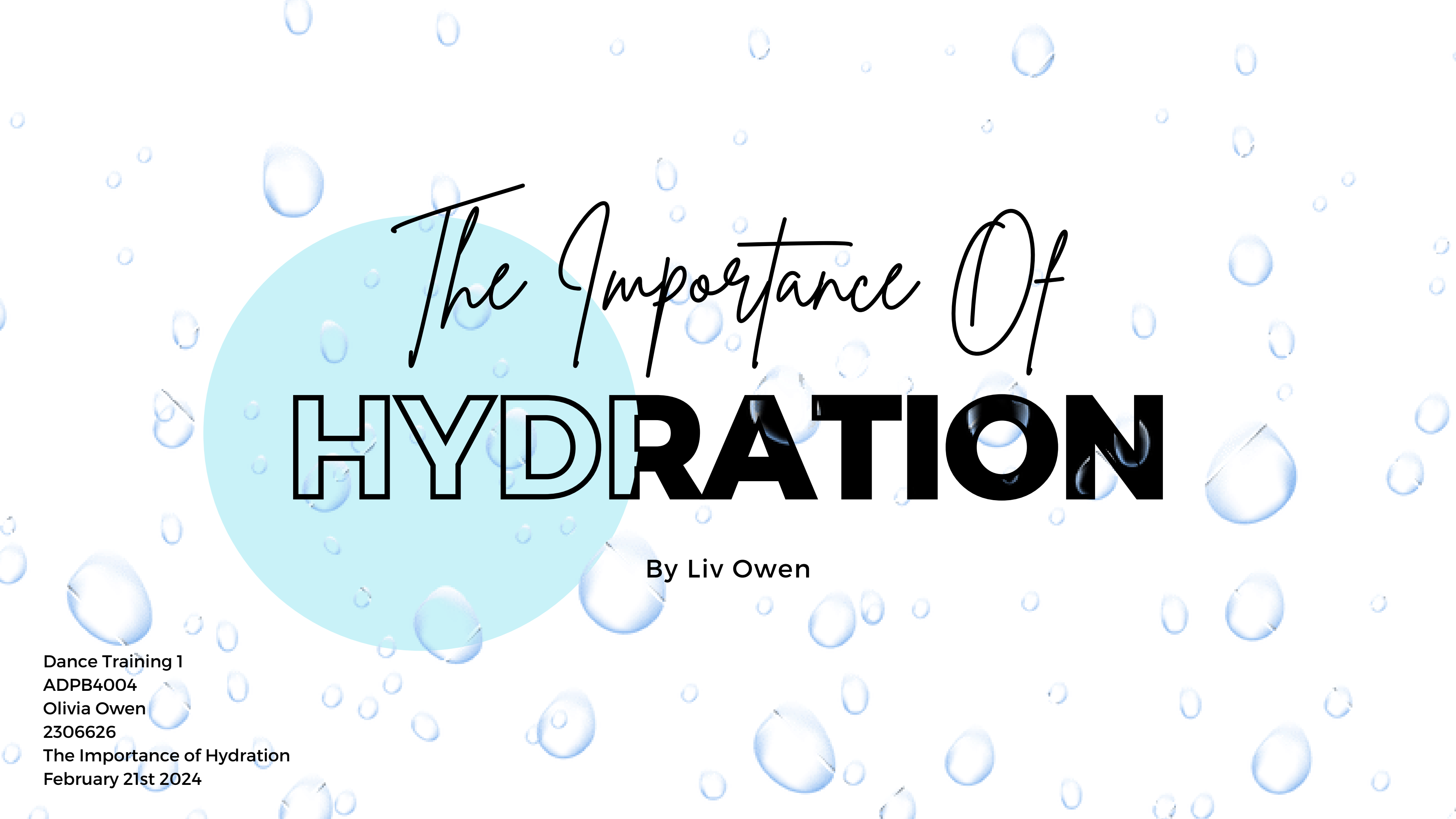




The Importance Of **HYDRATION**

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The Importance of Hydration
February 21st 2024

TOPICS OF DISCUSSION

- 1** **WHAT IS HYDRATION**
- 2** **WHAT IS DEHYDRATION**
- 3** **STATISTICS**
- 4** **HYDRATION DURING EXERCISE**
- 5** **HYDRATION AS A PERFORMER**
- 6** **MENTAL HEALTH BENIFITS**
- 7** **HYDRATION WHEN USING YOUR VOICE**
- 8** **HYDRATION AS A DANCER**
- 9** **THINGS TO AVOID**
- 10** **TIPS & TRICKS**

What is **HYDRATION?**

Hydration is a part of everyday life and is a vital bodily function. Your body relies on water to survive and good hydration is essential to maintain good health.

Main functions of hydration:

- Carrying essential nutrients to cells
- Removing waste products
- Lubricates joints
- Aids digestive function
- Hydrates the skin
- Regulates body temperature

Hignett.J (2019)

"The process of causing something to absorb water.

- ***The human body requires adequate hydration to function properly"***

Oxford Dictionary (2023)

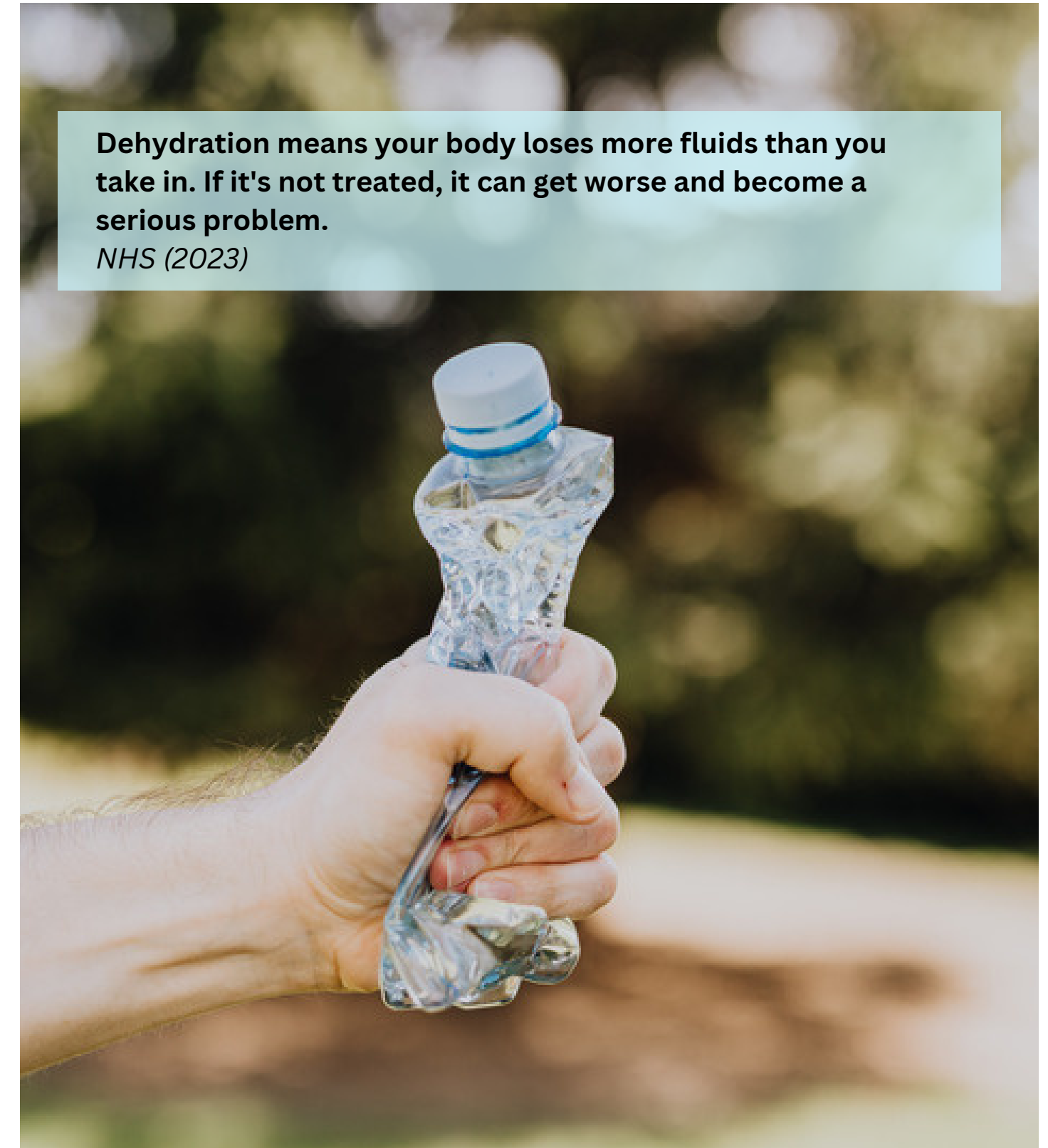


What is **DEHYDRATION**

Lack of water intake to the body can lead to dehydration which has varying levels of consequences. Therefore, it is important to know the symptoms of dehydration.

- Thirst
- Discoloured/Unusual Urine
- Dizziness
- Headaches
- Lethargic/Fatigued
- Dry Mouth, Lips and/or Tongue
- Sunken Eyes

NHS (2024)



Dehydration means your body loses more fluids than you take in. If it's not treated, it can get worse and become a serious problem.

NHS (2023)

60%

Of our bodies are made up of water

Study (2023)

Statistics

2.5 Litres

Is the recommended water intake per-day

BNF (2024)

20%

Of water intake is provided by food

HSPH (2024)

3 Days

Is the maximum an average human can survive
without water.

Johnson.J (2019)



So, if water intake is so
important, why is it that only
1 in 10 people in the UK
consume enough water
daily?

Shaw.F (2019)

HYDRATION DURING EXERCISE

Drinking water is an essential aspect to everyone's day, however, it is even more crucial when participating in exercise.

During exercise, the body loses more fluid by natural body functions such as breathing, sweating and urinating.

If you don't hydrate efficiently during exercise, you will become dehydrated, resulting in feeling weaker, muscle cramping, tiredness and decrease in performance levels.



- Drink water before a workout
- Drink water throughout your workout
- Drink after your workout



AS A PERFORMER

Hydration

Hydration is important in all aspects of performing arts.

Regular water intervals can reduce injury, fatigue, over heating and unclear thinking

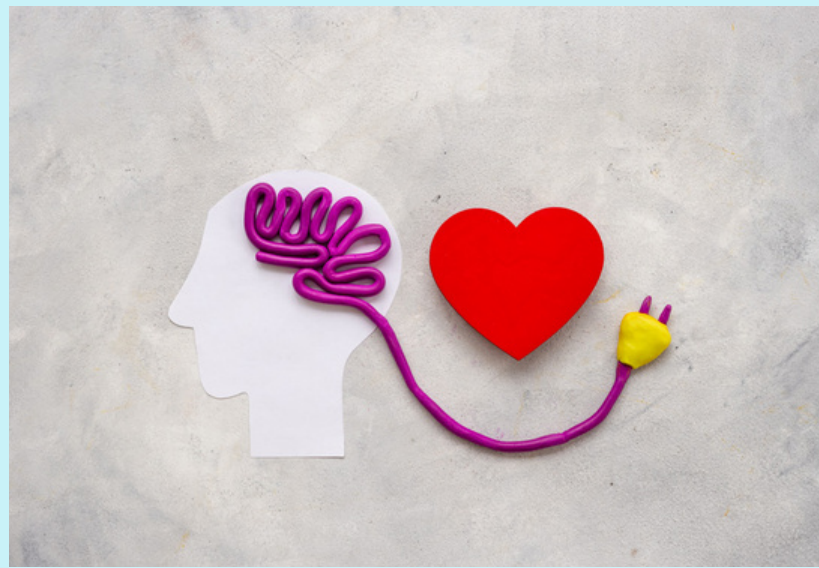
Dehydration is more common for performers, especially due to environmental factors so it is important to know how to prevent this.

Creating a routine, setting targets, implementing positive habits and planning water intake will help you prepare for long hours in the performing arts industry.

Mental Health **BENEFITS**



Higher Brain Function



Boosts Serotonin



Reduces Anxiety Symptoms

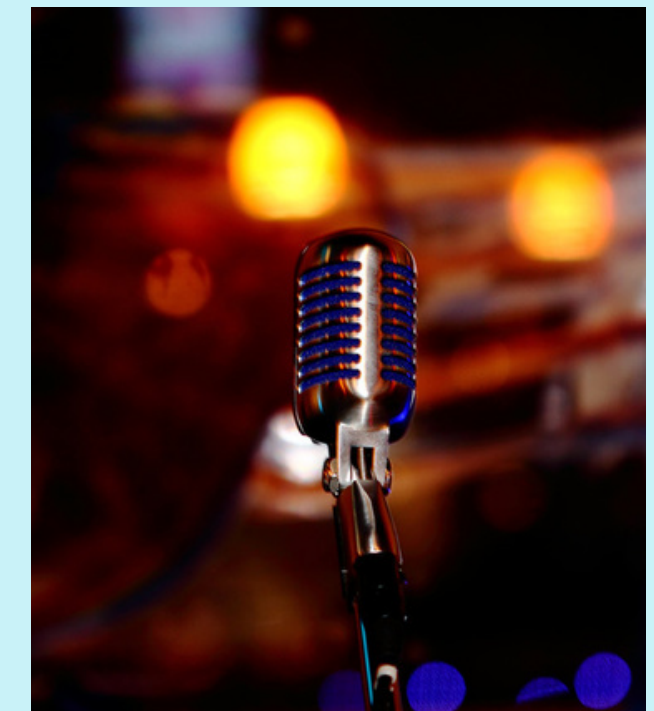
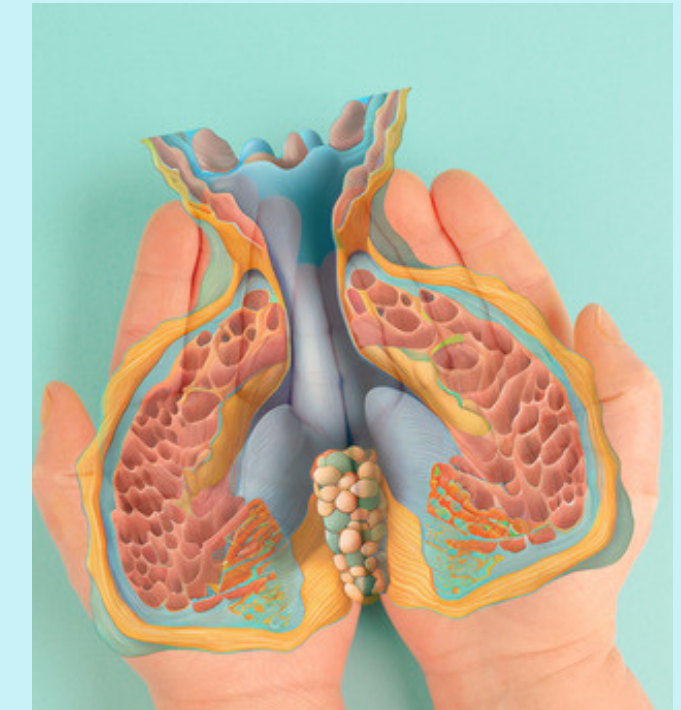
Hydration

WHEN USING YOUR VOICE

Hydration aids vocal performance. Drinking water will help with singing, speaking or any performance that involves using your voice.

Benefits of Drinking Water:

- Lubricates Vocal Folds
- Clears Mucus
- Nourishes Cells
- Efficient Recovery



Hydration **AS A DANCER**

Dancer's will also hugely benefit from proper water intake. Dance is a form of exercise therefore, the body will experience water loss at a higher rate.

As a dancer, water will reduce fatigue. You have to be able to keep up your energy levels for a long time. Drinking water replenishes energy sources.

Hydration aids muscle recovery. Dehydration could cause the muscle to break down, Muscle aching could be due to dehydration. Drinking removes toxins like lactic acid which helps the body recover.

Hydration improves shock absorption of your joints. Water cushions your joints and prevents injury. When your joints are lubricated, you can keep your movements fluid for better performance.

Dancewear Central (2013)



Hydration

THINGS TO AVOID

To aid efficient hydration, it is beneficial to know what can be avoided to maintain good hydration.

- Diuretics (commonly found in alcohol and caffeine) increase the production of urine which can lead to dehydration.
- Sodium saturated foods alters the salinity levels in the blood which causes depletion of water in cells.
- Sugar high foods cause osmosis in the blood causing the kidneys to excrete more urine.

Bad Foods

- Caffeine
- Alcohol
- Processed Meat
- Foods Containing High Salt/Sugar Levels

Good Foods

- Fruit
- Vegetables
- Lean Meat
- Skimmed Milk
- Plain Yogurt/Cottage Cheese

Hydration **TIPS & TRICKS**



Reminders



Add Flavour



Love Your Water Bottle



Tracking

**THANKS
FOR
WATCHING**

drink more



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