DRINK ALL YOU WANT...
AND MORE!
Research shows endurance is directly related to fluid intake

When you think of running, a picture probably comes to mind of a person puffing along a trail or track. A trickle of sweat is rolling down the runner's face.

Sweat is the first source of body fluid loss that most people think of. And they are right, it is an important source of lost body fluids. The average person, on an average day, loses two cups of water through perspiration. That's without exercise. On top of those two cups, an average person loses eight more cups of water through other body functions.

Human kidneys are one of the best recyclers we know of. On an average day, kidneys filter through 40,000 cups of blood, with only five-and-a-half cups of water lost in the form of urine.

Besides urine and perspiration, the body breathes out two more cups of water and loses a half cup in the stools.

Studies have shown that a significant loss of body fluids can affect performance. So how do people get those ten glasses of water back into their systems? Three glasses of water get back into an average person's body through regular daily meals. The body gains another one-and-a-half cups as food is metabolized. That leaves five-and-a-half cups of water for the average person to take in, during an average, cool day.

One study performed at Harvard University looked at how the intake of water affected an athlete's endurance. A group of athletes were asked to run on a treadmill for as long as they could, without drinking any water. They were allowed frequent breaks during their running, but after three and half hours, most of the athletes' body temperatures had gone up to 102 degrees. They were exhausted and couldn't go any more.

The next week, the athletes ran on the treadmill again. They still were allowed some rest periods, but this time they could drink as much water as they wanted. With a replacement of body fluids, most of the athletes nearly doubled their running time. It was nearly six hours before their temperatures reached 102 degrees and they couldn't go on.

A third test was performed on the same treadmill, with the same athletes. This time, they were made to drink as much water as they lost through sweating. It turned out they needed half again as much as they were motivated to drink by thirst alone. The results of this body fluid replacement were amazing. After seven hours, they still hadn't reached a body temperature of 101 degrees. Most of them said they felt they could go on nearly forever.

This study points out the importance of adequate fluid intake for athletes aiming at endurance. The key to adequate fluids is the way they help the kidneys do their job of filtering out body poisons. If people only drink the amount of fluids they think they need for their thirst, they may not be providing enough for their kidneys to do a good job. Less than optimum performance will be the result. As one physiologist put it, "Kidneys do better if you don't try to do a sink full of dishes in a cup of water."

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TO FUEL OR FOOL YOUR BODY: THAT IS THE QUESTION!

What good is an automobile that does not run? Washing and waxing keep it looking good, but GASOLINE, OIL, FLUIDS AND WATER make it run. Tune-ups and check-ups keep it running. Think about yourself as a more complex and valuable machine. Your good looks won't get you going in the morning. Your tank is empty and you need to fuel up after your overnight fast. Running too often on empty will eventually affect your appearance, your energy output, and your overall health down the road.

YOU NEED A CHECK LIST FOR YOURSELF TOO.

YOUR CAR FOR GOOD MILEAGE, BEST PERFORMANCE:

__Proper fuel
__Oil and water pressure
__Fluid check
__Tire check
__Battery check
__Lube and grease

YOURSELF FOR GOOD HEALTH, LONGER LIFE:

__Good nutrition
__Normal blood pressure
__Adequate fluid intake
__Proper weight for sex and height
__Enough rest
__Exercise

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