

DRINKING IT IN

The human body is more than 60% water, so when you exercise in warm weather it's important to stay hydrated. *Rude Health* asks the experts for their top hydration tips

WHAT'S THE PROBLEM?

"Hydration is one of the most important factors when planning training, especially during warm weather," according to Tony McMahon in-house sports massage therapist at Nice and Natural Cootehill, Co Cavan.

"When the sun is out, you will lose more fluids through sweat when you are exercising outdoors as your body doubles its efforts to keep itself cool," says Ainle Ó Cairealláin, strength and conditioning head coach of the Cork Senior Footballers and head coach at ACLAÍ Health and Performance gym in Douglas, Cork.

"Sweat contains a mixture of electrolytes and minerals, including sodium, potassium, calcium, magnesium, zinc, selenium, manganese, chromium and bicarbonate," according to Dr Jay Pennock, doctor of emergency medicine and medical advisor to multivitamin supplement Oxylent. "Athletes generally need greater amounts of these than non-active people."

HOW DO YOU KNOW YOU'RE DEHYDRATED?

"If the colour of your urine is golden as opposed to clear," says Ainle Ó Cairealláin, "but it's better to maintain a healthy level of hydration all along rather than waiting for signs in the urine."

WHAT DOES DEHYDRATION DO TO YOUR BODY?

"Being dehydrated can have a dramatic effect on your concentration and energy levels," according to Ainle Ó Cairealláin. "More importantly, it can put your heart and lungs under additional stress. "On a more serious note, dehydration can lead to fainting and total exhaustion."

Liz Tucker, nutritionist and health advisor to energy bar maker Wholebake says, "short-term dehydration can cause fatigue, dizziness, headaches and concentrated urine could lead to →

