



ADVICE

What a wrestler needs to know about hydration and dehydration



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The most important nutrient for any wrestler is water. A wrestler's body is 60-70% water, and the majority of this water is found in muscle mass. Water is absolutely essential for optimal health and peak muscular perform-

ance. Wrestlers may be surprised to know that dehydration is a major cause of decreased performance, even though many wrestlers still dehydrate themselves to "make weight". Some wrestlers are more sensitive to dehydration than others. A

fluid or sweat loss of 2-3% of your body weight can quickly occur during intense training. Even modest levels of dehydration should be avoided because a 3-4% decrease in body weight (4-5 lbs. for a 135 lb. wrestler) through dehydration will elic-