



DRINKING ENOUGH (BUT NOT TOO MUCH)

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Abstract

Exercise, particularly in warmer ambient temperatures, necessitates heavy reliance on sweating to dissipate the heat produced. Drinking fluids during such activities is encouraged to prevent excessive dehydration from developing and the related deterioration in physical performance. Dr Montain will initially examine the relationship between ambient temperatures and sweating during exercise or strenuous activity, and the implications sweating has for daily water and sodium requirements. He will then review the impact of under drinking relative to sweating rate on temperature regulation and performance, as well as the consequences of drinking too much either during or after prolonged exercise. Lastly, he will consider how the aging process influences thermoregulation and body fluid regulation during exercise. The views expressed in this abstract are those of the author and do not reflect the official policy of the Dept. Army, Dept. Defense, or the U.S. Government.

Keywords: dehydration, exertional hyponatremia, thermoregulation, fluid balance, exercise

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