

THE CABBAGETOWN BOXING CLUB NEWSLETTER



EDITOR: **Peter E. Wylie**, Director, Athletic Development –Head Coach

CONTRIBUTING STAFF:

Coaches

Johnny Kalbhenn, Rey Morales, Carlos Varela Sr. Nedrae Simmons
Heather Hopkins, Lance Campbell

Sports Counsellor

Henry M. Toran, Ph.D.,P.Eng (Dipl.Psych/ Soc.Work)

HEALTH
CONSULTANTS

Jason Su, M.D.,B.Sc.PhM (Dipl.Sports Medicine)

Susie Langley (Sports Nutrition Consultant)

Dione Watson BSc.,DC (Chiropractics)

SPECIAL SUMMER EDITION - August 2009 (# 9-4)

Heat-related dehydration is a big problem in summer. And active athletes— even if they are healthy — can be during physical exertion at risk. Thirst isn't always the best clue that it's time to take a drink. Research also shows that our ability to notice thirst typically diminishes with age and can be influenced by over-riding external distractions.

However, dehydration can be as dangerous as overhydration. We are therefore publishing an informative article as guidance for active athletes to be considered during physically demanding activities in summer

Credit for the article goes to Lumos Labs, Inc. The article was developed as part of the Lumosity Brain Training Programs.

BRAIN HYDRATION

By Gregory Kellett, a cognitive neuroscience researcher at SFSU and UCSF

Our brain is made up of *60% water* and many of us may not be drinking enough of the clear wet stuff to keep our thinking "juicy".

Not drinking enough water has detrimental effects on our brains. When your body lacks water, brain cells and other neurons shrink and biochemical processes involved in cellular communication slow. A drop of as little as 1 to 2% of fluid levels can result in slower processing speeds, impaired short-term memory, tweaked visual tracking and deficits in attention.

With proper hydration however, neurons work best and are capable of reacting faster.

What constitutes proper hydration is controversial. Some say that it is important to imbibe 8 tall glasses of water daily, while others claim that one should only drink when thirsty.

In fact, there is no one golden rule to staying well hydrated. The amount of water each of us needs varies from person to person as it depends on each individual's physiology and lifestyle activities like diet and exercise.

Experiment and see what feels good. In today's world of infinite distractions however, it is best not to leave hydration to your sense of thirst alone. It is also important to note that your ability to notice thirst typically diminishes with age.

Continued →

Also of note:

- Sweating from exercise or high temperatures can result in more than 3 liters an hour of fluid loss.
- The maximum amount of water the body is capable of absorbing is 1 liter an hour or 330 milliliters every 20 min (the ideal amount to drink under high sweat conditions).
- Although good for energy, foods high in protein and sugar increase the body's need for water.

Warning!

Drinking TOO much water is very dangerous! Overhydration causes a sodium imbalance that can be fatal. It is common for marathon runners to be hospitalized because of overzealous hydration during the race.

Approach fluid consumption with moderation