

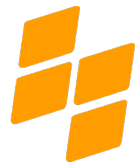
Hypohydration

Worksheet

Use the space in the boxes below to write down your responses to the questions



What is hypohydration and what do you understand the consequences to be, if any, with respect to physical performance and training?



Which of the following is the best fluid to ingest to reverse or avoid hypohydration?

- Sports drink such as Lucozade
- Water
- Strong coffee

Hypohydration

Worksheet



Following the Masterclass can you think of any situations where hypohydration may occur in the settings within which you work, or indeed during your own training?
How might you manage this risk?

Hypohydration

Notes

