

BLM Answers

BLM D-2 The Science Behind Sports

Drinks

1. Hydrated means giving the body enough water.
2. People sweat when they are working out to cool their bodies.
3. A person who loses 10% of body weight by sweating could experience circulatory collapse and heat stroke, and maybe death.
4. The key to good hydration is drinking water before, during, and after a workout or competition.
5. Small quantities of salt help to increase the absorption rate of water and an athlete's desire to drink.
6. Four electrolytes found in the human body are chloride, calcium, sodium, and potassium.