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NEFF

MONTHLY NEWSLETTER

DRINK WATER. IT'S IMPORTANT

Hydration plays a vital role in performance, recovery, and overall wellness—especially during the hotter months when fluid loss through sweat increases significantly. Water is essential for nearly every physiological function, including temperature regulation, nutrient transport, joint lubrication, and cognitive performance. During exercise or physical labor in the heat, the body can lose over a liter of fluid per hour, which can quickly lead to dehydration if not replaced. According to the American College of Sports Medicine, even a 2% loss in body weight from fluid loss can impair endurance, strength, and focus.

Proper hydration helps maintain blood volume, allowing the heart to pump efficiently and deliver oxygen and nutrients to working muscles. When dehydrated, the body's ability to cool itself through sweat is compromised, increasing the risk of heat-related illnesses like heat exhaustion or heat stroke. Studies published in the *Journal of Athletic Training and Medicine & Science in Sports & Exercise* show that dehydration not only reduces performance but also slows recovery and increases perceived exertion.

To stay hydrated, aim to drink water consistently throughout the day, not just during workouts. Monitor your urine color—it should be light yellow—as a simple hydration check. For longer or more intense sessions in the heat, consider adding electrolytes to your fluids to replace sodium and other minerals lost through sweat. Staying ahead of hydration is one of the easiest and most effective ways to optimize your performance, stay safe, and feel your best all summer long.

RECOMMENDATIONS

Breakfast Water

Drink 16-20oz right when you wake up and before you consume anything else

Refill. Repeat.

Get a large bottle with those time segments on it. The visual cue will make it easier to consume water consistently

Drink when you move, Drink when you eat

Drink before, during, and after activity. You can also drink water during meals