

OCR BREAKDOWN

Bonus

HYDRATION

Staying Hydrated

75% of Americans suffer from chronic dehydration

HOW MUCH IS ENOUGH?

In general, the recommended daily intake is half of your body weight in ounces. That can seem like a lot, so we recommend you ease into it.

WHEN EXERCISING, FLUID LOSS INCREASES AND SO SHOULD YOUR WATER INTAKE

PRE-EXERCISE: Consume 1 liter (33 ounces) to keep your muscles hydrated.

POST EXERCISE: (After you take a photo of the sweat angel on the floor)
Let's take down at least half a liter, assisting the removal of lactic acid & replenishing what has been lost.

DID YOU KNOW?

DEHYDRATION CAN CONTRIBUTE TO:

- MUSCLE CRAMPING
- Decreased cognitive function
- Decreased performance
- Mood swings
- Daily fatigue
- Headaches

WHAT CAN WATER ASSIST WITH?

- Energy & focus
- Recovery from exercise
- Regulating body temperature
- Kidney health - detoxification
- Joint lubrication
- Digestion/nutrient absorption

Let's dive in 

Muscle Cramping

Everything was going well until suddenly, your muscles shorten and get "locked". **OUCH!** That would be a cramp setting in. The most common location you are going to experience this is in your calves. Cramps are generally caused by dehydration, strain or simply holding a position for a long period of time. In OCR, this is highly common, especially on courses with elevation.



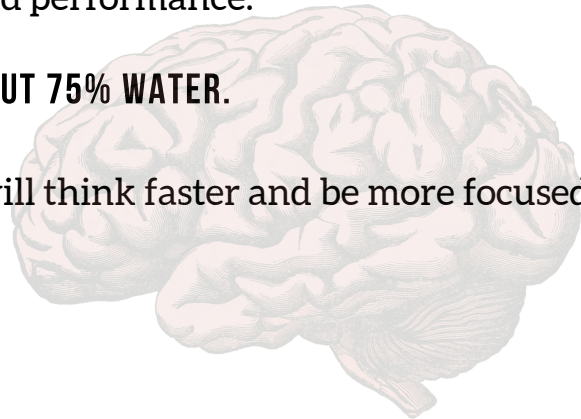
"Foggy Brain"

One of the many effects dehydration can have on cognitive function.

OCR's require you to run, crawl, jump, climb, and navigate obstacles all while maneuvering through technical terrain. Being able to make quick decisions is crucial for your safety and performance.

YOUR BRAIN IS ABOUT 75% WATER.

When your brain is hydrated, you will think faster and be more focused.



TRUST US WHEN WE SAY:

*"If you can help to minimize cramping and maximize focus with something as simple as staying hydrated... **DO IT**"*

Tips for staying hydrated



Keep your water bottle with you during the day. Convenience drives behavior. Making water readily available to you will increase your chances of hitting your goal.



Set a timer on your phone. Yes...staying hydrated really is this important. Hear the alarm? Take a drink!



FOLLOW A 1-1 rule. If you consume caffeinated and or alcoholic beverages throughout your week...

FOR EVERY DRINK...MATCH IT WITH ONE GLASS OF PURE WATER.



Consider flavored water - if plain water just isn't doing it for you.

IN SUMMARY:

HYDRATION is key to performance

As we had first mentioned, consuming the number of ounces that we **SHOULD** can be a daunting task. That is why it's our first focus for the **NUTRITION** segment of this program. You'll hear this at least one hundred times throughout this program but...

It's about progress, **NOT PERFECTION.**