

# MH BULLETINS

The latest news on health, sex, nutrition, exercise, and weight loss

## BRAIN DRAIN

Drink up to stay alert: Dehydration leads to fatigue, anger

A lunchtime workout can leave you dragging instead of energized if you don't stay hydrated. In a recent Tufts University study, athletes who didn't drink water during workouts felt angrier and more depressed afterward than those who did. Researchers calculated that the dehydrated group's "global negative mood"—including confusion, fatigue, and decreased vigor, none of which help a career—was one-third higher than the hydrated group's. Simple thirst partially explains this, says study coauthor Kristen D'Anci, Ph.D. "But you're also seeing slight shrinkage of brain cells," she says. This may upset your brain's chemical balance, making you irritable or triggering a headache. Even if you're not thirsty, down 8 to 10 ounces of water every 30 minutes during your workout, she says.

PHOTOGRAPH BY LEVI BROWN

