

Cultural Differences in Hydration Practices Among Physically Active Individuals: A Narrative Review

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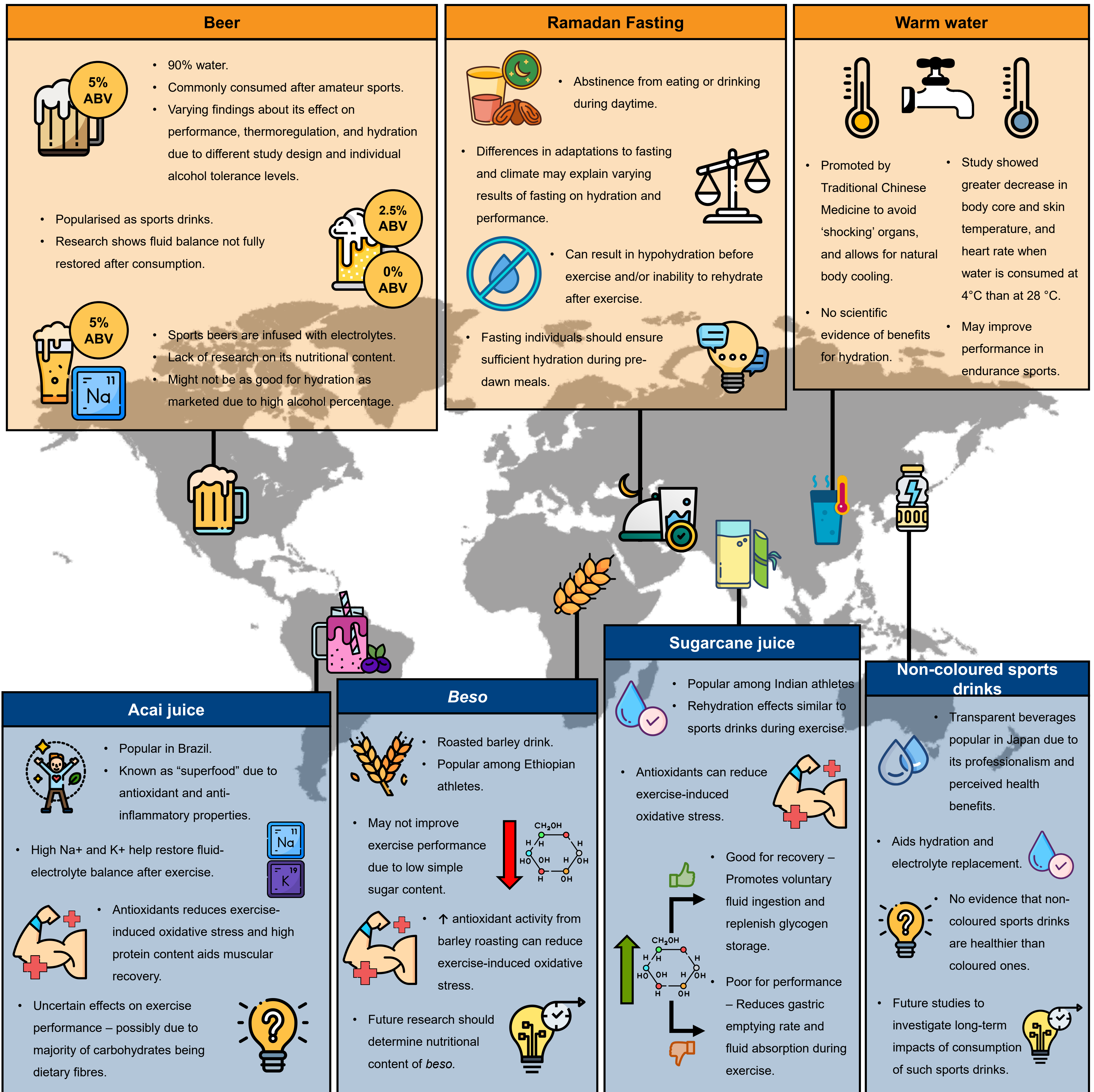
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Introduction

It is well-established that appropriate hydration practices are essential in promoting health, and optimizing performance and recovery. The National Athletic Trainers' Association and the American College of Sports Medicine provide guidelines on fluid replacement. However, evidence-based fluid replacement guidelines may not be adopted due to cultural differences across countries. Cultural forces affecting hydration practices may be a result of religious beliefs and traditions, preferences, and beverage availability.



Conclusion

It is difficult to ensure individuals follow hydration guidelines due to cultural forces. The effects of cultural hydration practices are not well-established due to limited literature available. More research on cultural hydration practices is worthwhile to better understand their effects on hydration, exercise performance, and recovery.

Acknowledgment: This research is supported by the National Research Foundation, Prime Minister's Office, Singapore under its Campus for Research Excellence and Technological Enterprise (CREATE) programme