

Drinking too much water during exercise can be bad

By Ariana Eunjung, Washington Post

The idea that you should always stay hydrated has been ingrained in many of us since childhood by everyone from Little League coaches to parents. For many athletes that advice has been translated into drinking a lot and drinking often while exercising.

Now a panel of experts says that practice is not only outdated but dangerous. On Tuesday, a group representing sports medicine doctors, physiologists and trainers issued new guidelines telling people to stop drinking in excess during physical activity. Practically speaking, that means you should only drink when you're thirsty.

Writing in the Clinical Journal of Sport Medicine, the specialists said that "aggressive drinking to prevent dehydration is unnecessary and carries with it greater risk."

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