

Special Issue

Effects of the Hydration Status on Exercise Performance

Message from the Guest Editor

Hydration is a major concern influencing exercise performance and overall health. Despite widespread awareness of its importance, dehydration remains prevalent across various settings, including sports, military, occupational, and tactical environments. The detrimental effects of dehydration are further exacerbated during physical exertion in hot climates, posing substantial risks to performance and health. Maintaining adequate hydration has become increasingly important as global warming intensifies environmental stressors. This Special Issue seeks high-impact manuscripts that explore the complex interplay between hydration and exercise performance, addressing this pressing global challenge. We welcome studies investigating the physiological, environmental, and behavioral factors influencing exercise performance due to changes in hydration status.

Guest Editor

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Deadline for manuscript submissions

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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