

Special Issue

Habituation to Dehydration during Exercise: Impact on Health, Physical and Cognitive Performance

Message from the Guest Editor

Dehydration may handicap physiological functions, subsequently lead to decreased cognitive and physical performance quality during exercise. Much understanding of how dehydration impacts the capacity of humans to exercise has been acquired without considering the extent of the habituation participant has had with dealing with daily, repeated training-induced dehydration. As it is possible for athletes to adapt to the effect of heat or hypoxia, for example, daily exposures to dehydration could lead to specific adaptations that would render the athlete more resilient to the effect of dehydration, either from a physiological, physical, or cognitive perspective. Research results from field studies suggest that humans do possess the intrinsic capacity to habituate to dehydration. We welcome submissions on how habituation to dehydration during exercise modulates physiological responses to the acute effects of dehydration, whether this potential adaptative capacity offers protection for physical and cognitive-related performances, especially regarding the incidence of health issues in individuals habituated to being dehydrated by daily exercise in warm/hot or humid ambient temperatures.

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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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