

Coolingtowels.com Releases Content Geared For Athletes

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Coolingtowels.com, a website specializing in cooling is dedicated to informing its readers, especially athletes, on how much water they should consume during different periods of their day. According to the National Academies of Sciences, Engineering, and Medicine, an adequate daily fluid intake is: About 15.5 cups (3.7 liters) of fluids for men and about 11.5 cups (2.7 liters) of fluids a day for women. However, an athlete who wants to perform at their peak must adhere to several guidelines that are different from a normal person's daily fluid intakes, says one website representative.

The site will be releasing a series of blog posts that is aimed to be a detailed guide if people want to know how much water they should drink in a day. The article is more aimed, however, towards athletes. The team behind the site went on record stating that The article was written from the perspective of a sort of coach giving advice to their client. The article, and the whole content program, really, was written for athletes to come to the site and to have it provide them with valuable information. It doesn't necessarily need to be about water consumption. There are a lot of articles on the site that tackle any topic that both athletes and non-athletes can gain from, said Cody Wise, Content Manager for the site.

Cooling Towels writers further stated that the information and data found in the article was taken from a number of sources and averaged. The site would like people to know that athletes should listen first and foremost to their own bodies. The values on the site are general recommendation that the content team's writers have worked hard to compile and turn into a readable and intuitive article. What athletes might actually need during their training days might also vary from athlete to athlete. Certain physiological factors may also play a factor in how much athlete's bodies use water.

The article's main point is divided into 4 sub-headings: The factors affecting water loss, when and how much to drink, whether or not athletes should drink even if they're not thirsty and the effects of hydration on muscle performance and muscle repair. These sub-headings were made to cover all the relevant points and even

some of the questions the site's readers might have about the topic. A particular heading discussed the possibility of athletes not meeting their proper hydration levels even if they did not feel thirsty. The site's content and research team stated the following: "Generally, athletes should try to set a minimum amount of water that you intake every day, even if they're not feeling thirsty. It's better to overdo than to underdo with water intake as you can simply excrete the excess. Therefore, it is still a good idea to keep up with your water intake even if there isn't a strong urge to drink. Many studies have shown that drinking a glass of water right after waking up and just before going to bed can increase your metabolic rate ? which is something you want as an athlete." The site takes all precautions in reminding its readers that they should always talk to their professional coach or their physician before making major changes to their training.

Lastly, the article looked at the possible effects that proper hydration has on muscle performance and muscle repair. From the site's reports, there is a significant improvement in muscle performance and repair in athletes that are hydrated properly. The site finally stated that their general recommendations, while well-researched, should not take precedence over their readers' due diligence and own research.

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For more information about Cooling Towels, contact the company here: [Cooling Towels Cody Wise 5039088696 info@coolingtowels.com](https://coolingtowels.com)

Cooling Towels

At CoolingTowels.com where we will review the best cooling towel products available as well as share some tips and tricks to help our readers stay cool.

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