

# The Dangers of Cutting Weight and Dehydrating



Improper weight cutting is dangerous and can have many dangerous effects.

## THE ADVERSE EFFECTS OF UNHEALTHY AND HAZARDOUS WEIGHT LOSS PRACTICES IN COMBAT SPORTS.



- Decreased muscle and strength endurance.
- Decreased heart and cardiovascular function.
- Reduced energy utilization
- Heat illness (heat cramps, loss of consciousness, heat exhaustion, and heat stroke)
- Decreased kidney function
- Electrolyte problems
- Mood swings and mental changes
- Eye trouble
- Increased risk of brain injury
- Decreased Kidney Function
- Electrolyte problems

## The Do's and Do Not's

### DO

- Commit to year-round proper diet and training.
- Maintain your weight year-round near an appropriate competition weight.
- Maintain a good state of hydration daily.
- Follow nutritional programs that meet your weight loss and health goals.
- Be wary of nutritional supplements.

### DON'T

- Don't use extreme methods for making weight such as excessive heat methods (rubberized suits, steam rooms, sauna).
- Excessive intense bouts of exercise.
- Use of unorthodox methods of weight loss (vomiting, laxatives and diuretics).
- Don't use dehydration as a mainstay of making weight.