

Liquids and micronutrients needs in physical activity

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Abstract

Water represents a basic compound of the human body, necessary for growth, cellular regeneration and for physical activity. Moreover, water contributes to the nutrients and energy transport to the cells, as well as for elimination of the residues. Dehydration is a danger for health; it can lead to a lower endurance and physical performance, and, in extremis, to death. Among the minerals needed in a normal diet, the role and the importance of Ca and Iron are discussed.

Keywords: sport, water, calcium, iron, needs physical activity.