

# HYDRATION FOR HEALTH ACADEMY: historical perspectives and emerging evidence of the importance of hydration beyond performance

**Chairman:** Stavros Kavouras, Ph.D., FACSM, F.E.C.S.S.,  
University of Arkansas, USA.

## **Module 1: Historical perspectives and hydration biomarkers**

- History and evolution of hydration science  
Lawrence Armstrong, Ph.D., FACSM,  
University of Connecticut, USA.
- Hydration beyond performance: so what?  
Erica Perrier, Ph.D., C.S.C.S., Danone Nutricia Research, France.
- Fluid Intake patterns worldwide  
Isabelle Guelinckx, Ph.D., R.D., Danone Nutricia Research, France.

## **Module 2: Hydration beyond performance**

- Mechanisms for dehydration-associated kidney disease  
Richard Johnson, M.D., University of Colorado, USA.
- Combined dehydration, exercise and environmental heat stress  
increase lipid peroxidation and DNA damage  
Colleen Muñoz, Ph.D., University of Hartford, USA.
- High Intensity Exercise, cardiac output & renal injury  
Evan Johnson, Ph.D., University of Wyoming, USA.



Food and  
beverages will  
be served.