

Abstract

Background- Body water balance is a representation of body intake and loss and although body water is restored to normal rates, the imposition of exercise and environmental stress onto daily activity can seriously threaten fluid balance.

Methodology- A 3 week observed prospective study was conducted measuring (n=21) using standardized procedures, by which pre and post activity measurement were taken of each via Bioelectrical Impedance Analysis and skin fold measurements. These measurements were accompanied with each individual partaking in (2) 19 question fluid intake document. Analysis of data was achieved by the use of SPSS ver.12

Results- Results stated that there were no significant mean and standard deviation changes between baseline body composition and post training measurements when it concerned BMI ,weight ,percentage body fat using skin fold measurements ,and percentage body water and body fat via Bioelectrical Impedance Analysis.

Conclusion- Quantitative data proved to be a more accurate, valid and reliable tool in measuring body water composition