

The Latest Research on Hydration and Future Prospects

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< Abstract >

In these days, the importance of hydration has been discussed more often in Japan, however, there are limited opportunities available to share its importance with supporting scientific evidence to be applied in daily life and sports scene. Therefore, there have been several misunderstanding and miscommunication regarding the importance of hydration, which results in drawing much attention recently of appropriate hydration based on current science in health care and sports areas.

This symposium entitled “The Latest Research on Hydration and Future Prospects” was held on June 17, 2010 at Happon in Minato-ku, Tokyo, jointly organized by ILSI North America and ILSI Japan just meeting with current needs to understand the importance of hydration. There were about 130 participants in the symposium including ILSI Japan members, Health Fitness Programmers and Health Fitness Instructors. After a series of presentations based on current science by invited lecturers, a very active panel discussion session was followed by the lecturers and audiences on the floor.