



## Habituation to Dehydration during Exercise: Impact on Health, Physical and Cognitive Performance

Guest Editor:

**Prof. Dr. Éric Goulet**

Laboratoire de Recherche sur la Performance, l'Hydratation et la Thermorégulation, Performance, Hydration and Thermoregulation Laboratory, Université de Sherbrooke, 2500 boul. Université, Sherbrooke, QC J1K 2R1, Canada

Deadline for manuscript submissions:  
**closed (20 October 2021)**

### Message from the Guest Editor

Dehydration may handicap physiological functions, subsequently lead to decreased cognitive and physical performance quality during exercise. Much understanding of how dehydration impacts the capacity of humans to exercise has been acquired without considering the extent of the habituation participant has had with dealing with daily, repeated training-induced dehydration. As it is possible for athletes to adapt to the effect of heat or hypoxia, for example, daily exposures to dehydration could lead to specific adaptations that would render the athlete more resilient to the effect of dehydration, either from a physiological, physical, or cognitive perspective. Research results from field studies suggest that humans do possess the intrinsic capacity to habituate to dehydration. We welcome submissions on how habituation to dehydration during exercise modulates physiological responses to the acute effects of dehydration, whether this potential adaptive capacity offers protection for physical and cognitive-related performances, especially regarding the incidence of health issues in individuals habituated to being dehydrated by daily exercise in warm/hot or humid ambient temperatures.





an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

## Contact Us

---

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI