

WATER CUTTING EFFECTS ON WRESTLERS

What Is Water Cutting?

Water cutting in wrestling is a method where wrestlers lose water weight through dehydration to make a lower weight class. This involves limiting fluid intake and increased sweating. Though effective short-term, it can be risky, causing health issues. The practice is controversial, with some regulations introduced to reduce risks.

2%

OF WEIGHT LOST
THROUGH WATER
CUTTING IS ENOUGH
FEEL THE EFFECTS



DURING RAPID WEIGHT LOSS:



FOR EVERY ONE PERCENT OF
WEIGHT LOST THROUGH
DEHYDRATION



YOUR CHANCE OF
INJURY GOES UP BY
ELEVEN PERCENT



Possible Side Effect of Water Cutting:

- 1) Great Drops in Strength, Speed, and Endurance.
- 2) High Risk of Cramping and Dizziness.
- 3) Long Term Usage Can Lead to Kidney Damage

I created this infographic by using an organizational template on Canva. My graphics were all from canvas; however, I altered the coloring and images transparency, etc. All of my writing was from my prior knowledge of cutting weight, being that I, myself, am a wrestler. The one source I did use was *The Saint Scroll* (Baldelomar).