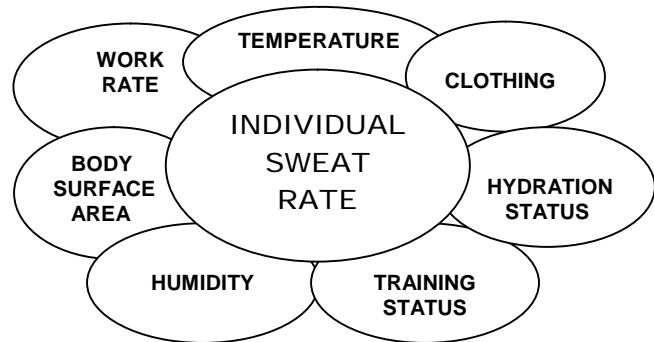




FLUID & EXERCISE

Considerable care should be taken to ensure adequate hydration before, during and after exercise to ensure optimal performance and avoid thermal distress.

Many factors affect sweat rate. An individual approach to ensure the best possible hydration is encouraged.



Recommendations:

BEFORE

1. Fluid* preference is essential:

? **Water**

? **Sports Drink (5-8% CHO)** Best option for meeting fluid, carbohydrate and electrolyte needs. E.g. Gatorade, Isotar, Lucozade Sport etc.

? **Home-made Drink** Dissolve 4-8g sugar in 100mls warm water then cool. Add $\frac{1}{5}$ teaspoon salt to every litre. Flavour with a sugar-free squash.

*Avoid use of soft drinks and fruit juices due to poorer absorption time and low electrolyte content.

2. Begin exercise in a well hydrated condition.
3. Drink 400-600ml of fluid during the last 10-30 minutes before exercise.
4. Avoid large amounts of alcohol the night before.

DURING

5. Use of a sports bottle is encouraged.
6. Drinking should take place at any stage and before thirst takes hold.
7. Exercisers are encouraged to consume at least 150 mls fluid every 15 minutes.

AFTER

1. Rehydration should start immediately, particularly when repeated bouts of exercise have been performed.
2. Drinks should contain some sodium and carbohydrate to encourage optimal fluid and energy replacement.

TEST YOURSELF!!

Weigh yourself before and after training in minimal clothing after towel drying and monitor volume of fluid consumed during exercise.

$$\text{Sweat loss (mL)} = \text{Body weight change (g)} + \text{Fluid intake (mL)}$$