

**SMARTER**  
*than smoking*

**Kicking  
Off  
Healthy  
Clubs**

**DRINK PLENTY OF  
WATER TO STAY  
HYDRATED**

## BEFORE

- Begin preparation hours prior.
- Sip 'mouthfuls of water often' throughout the day.
- Drink fluid with meals and snacks on training days and before matches. This takes advantage of the electrolytes in food to ensure the water is better retained by the body, promoting optimal hydration.
- The volume of fluid needed is different for every individual. As a rough guide you should drink periodically until not thirsty.

## DURING

- Schedule drink breaks during training and matches to allow for regular access to fluid.
- Drink according to your thirst, this will be a sign for maintaining your hydration.
- During hot days, fluids should be kept cool to encourage greater intake and can actually help the body stay cooler.

## AFTER

- After exercise, rest and have a larger drink.
- Continue fluid intake during the hours post-exercise, along with appropriate food intake.
- Suitable fluids for recovery include water, plain and flavoured milk, liquid meal supplements or soup to provide fluid with electrolytes, carbohydrate and protein.

## IMPORTANT

Restrain from having carbonated drinks (including soft drink) before, during and immediately after exercise as they can upset the stomach and reduce the desire to drink. Bloating can be a problem resulting in feeling too full before drinking a sufficient volume.

# DID YOU KNOW?



## GETTING A STITCH

A big concern for some athletes is getting a 'stitch'.

Sports scientists are still unclear as to why this happens but it is thought that it may be due to the stomach wall becoming distended from food or fluid consumption immediately before or during exercise and this irritating nerves and muscles in the abdominal area during exercise.

Current advice is to drink small amounts frequently, in advance of competition time, and avoid highly concentrated sugary or carbonated fluids pre event, to reduce distension of the stomach. Dehydration may also increase the risk of experiencing a stitch.

## SODIUM

Sodium is found in many of the foods we eat and is the main electrolyte added to sports drinks. Sodium contributes to hydration in a number of ways:

- Stimulates thirst, promoting increased fluid intake

- Enhances fluid absorption and retention
- Replaces sodium lost in sweat

However most of the time we consume more than enough sodium as part of salt in foods, and when combined with adequate fluid, this is usually enough to assist with hydration.

## SPORTS DRINKS

Water is the healthiest fluid of choice for most training sessions.

There are some situations however when additional carbohydrate and electrolytes may be beneficial.

Sports drinks provide small amounts of carbohydrate and electrolytes that provide a boost to energy and performance, and may encourage greater fluid intake, and faster absorption. This makes them useful during extended training sessions or matches.

Sports Drinks are not needed during a normal day.