

DRINKING GAMES

DID YOU KNOW THAT FOR EVERY LITRE OF SWEAT YOU LOSE:

- YOUR HEARTBEAT INCREASES BY 8 BEATS PER MINUTE?

Dehydration has a major effect on performance and can be outright dangerous, so staying well hydrated is extremely important for a sports person or athlete. Fortunately, a drink bottle now seems to be an integral piece of kit, but there is still confusion about what is the best beverage, when and how much to drink.

Recommended fluid intake strategies:

- Drink 500ml of fluid approximately 2 hours prior to exercise to produce lightly coloured urine. Water might be enough, although a sports drink will be of benefit if extra carbohydrate is needed.
- For exercise under 1 hour duration, water is generally all that is required.
- During intermittent high intensity exercise of an hour and exercise over 1 hour duration, a sports drink is recommended.
- Start drinking early during sport or competition and drink at regular intervals where possible.
- Aim to drink 500ml to 1 litre of fluid per hour. Sweat rates are highly individual and depend on climatic conditions; remember fluid needs in competition, will be somewhat higher compared to training.
- Drink one and a half times the amount of fluid lost as sweat. So if you lose 1kg, drink 1.5 litres of fluid. Aim for 1 to 1.5g of carbs per kg of body weight per hour to replenish glycogen stores. Don't stop drinking once you've finished, as full rehydration can take some time to achieve – possibly up to 24 hours.
- Do not rely on thirst as an

indicator as it's a reactive, not a proactive mechanism.

- After exercise, a specifically formulated product like Replace Recovery conveniently supplies the right balance of nutrients in a single drink to kickstart the body's recovery processes

Scientifically formulated sports drinks, such as Horleys Replace Hydration, are the best choice in activities of an hour and longer. Sports drinks are unique in that they contain sodium which enhances the rate of absorption of fluid and carbohydrate, reduces fluid loss (by decreasing urine output) and also increases thirst (and thus desire to drink). Sports drinks also contain readily absorbed carbohydrates that are not too concentrated, vital for supplying energy to working muscles.

HORLEYS™
intelligent sports nutrition

