



# SPORTS NUTRITION

in partnership with



## Sports Nutrition

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### HYDRATION

Here is some great information on dehydration, hydration, and sports nutrition provided by the Gatorade Sports Science Institute.

### KNOW THE WARNING SIGNS OF DEHYDRATION

- ▶ Thirst
- ▶ Chills
- ▶ Decreased performance
- ▶ Headache
- ▶ Nausea
- ▶ Dizziness
- ▶ Weakness
- ▶ Vomiting



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## DRINK TO REPLACE FLUID LOSS

After a long workout, when you lose a pound or two of weight you may think this is fat loss. However, rapid weight loss is an indicator of fluid loss and not of desirable body-weight change.

When you lose this type of weight, you're losing fluids that your body needs in order to perform and function properly. That's why it's important to replace the amount of fluid lost in sweat so that you are able to feel and perform at your best. The best way to stay properly hydrated is to drink to match your fluid losses (mainly through sweat).

An easy way to gauge your hourly sweat rate when active is by using the following equation: Weight lost during exercise (in ounces) + Fluid consumed during exercise (in ounces) = The amount you SHOULD be drinking

*Note: 16 ounces of fluid equals 1 pound of fluid loss. The above equation does not account for any urine loss.*

## RECOMMENDED DRINKING GUIDELINES

However, if you are unable to determine your hourly sweat rate or don't have access to a scale, a good rule of thumb is to use the following fluid recommendations, which are based on the NATA Fluid Position Statement for Athletes:

### Before:

- ▶ Drink 17 to 20 ounces two or three hours before activity
- ▶ Drink 7 to 10 ounces 10 to 20 minutes before working out

### During:

- ▶ Drink approximately 5 to 10 ounces every 15 minutes

### After:

- ▶ Drink approximately 20 ounces within two hours for every pound of weight lost

*Note: Typically, one gulp of fluid equals one ounce*

## CHOOSE THE RIGHT HYDRATION BEVERAGE

Select a beverage that will help you stay optimally hydrated before, during and after a workout. Below are some of the more popular hydration beverages:

### Plain Water

While plain water provides fluid that is essential for bodily function, it can be challenging for active people to drink enough plain H<sub>2</sub>O to stay well hydrated. In fact, research shows that active people tend to replenish only about half of the fluids they lose during a workout when they drink just plain water. This is due to water's lack of taste and flavor, and the fact that water can shut off the thirst mechanism prematurely.

### Fitness Waters

A fitness water is a lightly flavored alternative to plain water to help active people drink more and stay better hydrated. Look for a fitness water that is low in calories, such as Propel Fitness Water, which contains just 10 calories per eight ounces.

### Sports Drinks

For those who need to re-hydrate and re-fuel for performance, a sports drink, such as Gatorade, is the optimal beverage of choice. Sports drinks contain flavor as well as electrolytes to replace what is lost through sweat. Sports drinks also contain the proper amount of carbohydrates (14 grams per eight ounces) that fuel working muscles and fight fatigue.

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## EAT WELL-BALANCED FOODS

To enhance workouts, maintain stamina and increase strength try incorporating these foods that contain the right kind of fuel.

### Proper Carbohydrates

Choose mostly whole-grains when possible.

Fruits, vegetable, beans, whole grain cereals, bread and potatoes

### High Quality Protein

Protein helps your active muscles stay strong and healthy.

Chicken, turkey, beef and low-fat dairy, skim or 1% milk, yogurt and eggs

### “Healthy” Fats

Your body needs healthy fats to function properly.

Nuts, olive oil, avocados, flaxseed, and fish such as salmon and tuna

## GROCERY SHOPPING 101

*Excerpts taken from Oxygen Magazine*

*Compiled by Susan S. Paul, MS*

When it comes to grocery shopping, researchers tell us that most people buy the same 10 to 15 foods every single week. Well, who has much time to shop? Between working and working out there really isn't a lot of time left in a day; therefore, buying the same foods week after week just makes sense: it is quicker and easier. So, the question really becomes: Are you buying the RIGHT foods week after week? Are you buying foods that will support your training, not sabotage it? Remember, whatever is in your grocery basket is going to end up in your stomach eventually! The better decisions we make at the grocery store, means better decisions are made at home.