Recipe of the Month
August’s Awesome Homemade
Sports Drink

500 ml water
5 tsp honey
1/8 tsp salt

Add together in your water bottle of choice and shake vigorously.
Each 500ml serving contains: 100 calories, 25g CHO, and 250 mg of sodium.

taken from page 9 of “Nutrition for the Long Run” 2002 by Heidi Smith, RD.

WHY IS WATER SO IMPORTANT TO US?

1) Water makes up 65-75% of our body!
2) Water helps maintain a body temp of 37°C
3) Water is needed in many chemical reactions involved in metabolism, detoxification, & elimination of wastes
4) Water acts as a shock absorber for your internal organs
5) Water acts to lubricate your joints

THE EFFECTS OF DEHYDRATION OR LOW BODY WATER ARE:

1) Dehydration causes fatigue!
   During exercise, early fatigue can result in a pre-mature ending of your activity. Fatigue, throughout your day can be mistaken as hunger & result in overeating.

2) Dehydration decreases your performance!
   Dehydration can make a regular exercise session seem harder by increasing your heart rate, decreasing your body’s ability to regulate body temp, and by causing nausea or cramping. Throughout your day, dehydration causes a loss of concentration & productivity.

3) Dehydration stresses your body out!
   Being dehydrated puts additional strain on the kidneys & heart, making them work harder to function properly.
TO PREVENT DEHYDRATION:
REMEMBER THAT WHEN WE FEEL THIRSTY WE ARE ALREADY 3% DEHYDRATED & ARE ALREADY FATIGUED!! TO PREVENT DEHYDRATION, PLAN AHEAD & DRINK BEFORE YOU BEGIN FEELING THIRSTY!

TIPS FOR STAYING HYDRATED:

1) START EARLY! ENJOY 2 CUPS OF WATER WHEN YOU WAKE UP IN THE MORNING.

2) KEEP WATER WITH YOU AT ALL TIMES! A GLASS/BOTTLE OF WATER SITTING BESIDE YOU IS A GREAT REMINDER TO DRINK!

3) GET INTO A ROUTINE! CONSUME 1 CUP OF WATER WITH EVERY MEAL & SNACK.

4) BE CREATIVE! FOR THOSE WHO DON’T LIKE THE TASTE OF WATER, ADD SOME LEMON OR A SPLASH OF JUICE FOR FLAVOURING!!!

STAYING HYDRATED DURING EXERCISE:
BEFORE: 1-2 CUPS 1 HOUR BEFORE YOU START
DURING: 1 CUP EVERY 10-15 MIN
AFTER: 3 CUPS FOR EVERY POUND LOST
OVER 1 HOUR OF EXERCISE: TRY A SPORTS DRINK

HOW MUCH IS NEEDED?
8-10 CUPS OF WATER EVERY DAY!!!!!