

# RIBBLE VALLEY AC

## HYDRATION - YOU ARE WHAT YOU DRINK!!

### Did you know?

The body can survive for several weeks without food - but can only survive a couple of days without water

### Why is water so important?

- It is an essential nutrient within which the various actions, reactions and interactions of the bodily structure and function occur
- Without water our bodies cannot therefore operate efficiently
- In sport, where our bodies are under even more stress than normal everyday life - water becomes even more important

### Basic Guidance

- Drink at least 2 litres of water per day
- Drink often
- Always carry a water bottle with you and drink from it regularly
- Do not wait until you feel thirsty - it is too late - you are then playing catch up
- Drinking small amounts regularly is probably better for sport as drinking too much just before or during training/racing may cause "stitches" or stomach cramps to occur
- Drink at least ½ litre within 1 hour of training or racing

### What should I Drink?

- Water is best
- Keep tea/coffee to a minimum as they are a diuretic and only act to dehydrate you
- Fizzy drinks (e.g. coke) are not too good particularly prior to or during training as they may react badly in your stomach to exercise making it uncomfortable - also many such drinks contain caffeine - a diuretic leading to dehydration
- Sports energy drinks (non fizzy). These are ok as they contain carbohydrate and help to refuel our bodies quickly e.g. Gatorade or Lucozade sport (ensure non fizzy types). Drinks called isotonic are more advisable. Drink these during training or just after for rehydration and energy rebuilding
- You can make your own sport drink (cheaper!) - try a weak orange squash with a pinch of salt added (download the information sheet below for more details)

**DO NOT SHARE DRINKS BOTTLES**  
**DO NOT RE-USE BOTTLED WATER BOTTLES**  
**DO NOT GO HOME WITH YOUR DRINKS BOTTLE STILL FULL**