

HYDRATION TIPS FOR SPORT IN SINGAPORE

Dehydration is very common in hot and humid climates like Singapore and so preventing this is essential in any activity you may be undertaking. Dehydration can drastically affect your performance during the activity and especially in children, can slow down the recovery phase after the sporting activity.

Signs of Dehydration:

Muscle Cramps
Lethargy
Headache
Rapid Pulse rate
Yellow and dark colour urine
Vertigo

Sweat!

Naturally in Singapore we sweat a lot more with exercise. As we sweat, we not only lose water but we lose essential electrolytes, sodium, magnesium and calcium- all important for maintaining muscle function and preventing cramps during sporting activities. So three main strategies need to be addressed:

1. **Water**
2. **Electrolyte replacement**
3. **Carbohydrates**

Tips to keep hydrated before, during and after exercise:

- Start your exercise well hydrated (minimum of 750ml of water prior to your exercise).
- Drink plenty of fluids from the time you wake up and keep drinking to a plan all day. Steady drinking throughout the day/night will have you better prepared than drinking large amounts of fluid irregularly. Drink only max 200ml in 10min prior to exercise.
- During exercise drink 100-250ml every 20 min of exercise based on tolerance
- Include carbohydrate-rich beverages such as sports drinks . The carbohydrates are essential to replacing glycogen stores in your muscles which are lost during exercise.
- Ensure your sports nutrition includes electrolytes, to replace those lost during sweating. This helps with muscle performance and preventing cramps.
- Keep fluids cool with ice. Cooled drinks will help regulate your core temperature.
- Still beverages may be better tolerated than carbonated fizzy drinks.
- After exercise 1000ml of water (or 500ml per 0.5kg of body weight lost in exercise if you have scales handy!)

City Osteopathy and Physiotherapy also have great naturopaths who can recommend a recipe for a homemade electrolyte solution for those who would like to make their own.

Call us anytime 63144440