

# **BRUCE HOMSTEAD, MS, RD, LDN**

## *Nutrition Consultant*

### **STRATEGIC HYDRATION TIPS:**

- One hour before exercise have a carbohydrate drink, preferably with electrolytes and three sources of carbohydrates (sodium, chloride, magnesium, calcium, potassium, with glucose, fructose, maltodextrins).
- 15 minutes before exercise top off with eight ounces of drink.
- During the first 30 minutes of your exercise have eight ounces of your drink (100 Calories).
- Each 20-30 minutes thereafter have eight ounces of drink. You can alternate after the first hour with water and carbohydrate/electrolyte drink. I suggest drinking the carbo/elect drink and rinsing with water.
- After two hours of exercising eat solid food, if possible and feasible. Each one hour thereafter eat solid food. Maintain drink schedule as above.
- After your exercise replace weight loss (sweat loss) with carbo/elect drink. Eat carbohydrates and protein in a ratio of 2.5:1. (Shaklee Physique Maximum Recovery Drink is best here. It allows you to recover in 22 hours vs. 3-8 days). Minimize fat intake at this time for best recovery.

**THE GOAL** is to drink at the rate of sweat loss. Anticipate your needs by drinking before exercise and early in the exercise. This will keep you out of the zone of impending exhaustion and keep your core temperature below 100°F. This may mean drinking 2/3 of an ounce of fluid per pound of body weight, or more, per day. It is advisable to measure your sweat loss during practice so you can optimally replete. Over hydration is not beneficial either. A good sport drink increases absorption, with less total fluid than water alone, and helps you attain the goal of replacing sweat loss and optimal hydration. Only one or two brands of sport drink attenuate core temperature. The right carb balance helps maintain blood glucose levels and muscle glycogen. I use and recommend Shaklee Performance. It is tested by NASA, MIT, Yale, U. of Arizona, et al, and is the best available. It costs \$0.44 for eight ounces (plus shipping). I did my thesis on sports drinks in tests with the U.S. Biathlon Team. I have studied the subject of sports drinks for many years. Call me for your supply or questions.

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