

TEN WAY TO HELP YOUR BODY RECOVER FROM EXERCISE

HYDRATION

There is good evidence that players who become dehydrated are more susceptible to the negative effects of fatigue, including loss of performance and increased risk of injury. There is also growing evidence that excessive sweat losses, especially high salt losses, can be a factor in some of the muscle cramps that affect players in training and competition.' Even a modest degree of dehydration can impair decision-making!!

REMEMBER! IMMEDIATELY after all training sessions and matches:

1. THINK ABOUT DRINKING – drink before you feel thirsty. Have your own drink bottle(s) available.
2. Drink on the way to the changing rooms, in the changing room, before a shower, after a shower. Help the recovery process by drinking while training and playing.
3. Drink non-alcoholic fluids like Gatorade, Isotar, Lucozade
4. Eat carbohydrate foods as soon as you can and don't be afraid to keep your carbohydrate levels topped up between meals by eating snacks such as sandwiches, cold pasta, bananas, raisins, boiled sweets.
5. IF you are not sure what is provided at a venue take your own with you
6. IF carbohydrate drinks are not available to you, drink water. You should drink at least 2 litres (3.5 pints) every day plus an extra litre (1.75 pints) for every hour of exercise
7. Avoid alcohol after training and playing
8. IF you do drink alcohol, always drink lots of water before you go to bed as well as the next day
9. Always keep an extra drinking bottle(s) in the fridge. As soon as you arrive home from training or playing, go to the fridge and continue drinking from the bottle
10. Whenever you are eating a meal, or watching T.V., drink non-alcoholic fluids such as Lucozade sport, Gatorade, water, squash

An athlete's diet must be high in carbohydrate, moderate in protein, low in fat, include sufficient vitamins and minerals, & plenty of fluid!!!!