

‘NUTRITIONAL TIPS’

FORGOTTEN NUTRIENT

Our most important nutrient is WATER.

We will quickly feel the effects of dehydration. It doesn't only affect our performance, but can in some cases endanger our lives!

Fluid needs during competition seem to be the primary focus and needs during training an afterthought. Maintenance of our fluid balance is an essential part of our training diet. We want to get the best out of each round that we play.

Fluid needs are all about planning – thirst is not a good indicator of our requirements. Training is the perfect time to work out our needs and to develop our fluid intake programme accordingly. Our needs will differ depending on the intensity and length of our exercise as well as the weather conditions. These all need to be accounted for.

When Things Stand in Your Way

- There is no fluid available
- Take your own water bottle in your golf bag.
- I forget to drink while I'm training
- Arrange a couple of set stops along the course to have a drink and fill your bottle.
- I don't like the taste of water
- Try adding a low calorie squash or a dash of lemon or lime to water.
- A sports drink may be another option.

One...Two...Three

- 1.) Plan to look after your fluid needs.
- 2.) Make sure you are well-hydrated before, during, and after going onto the course.
- 3.) Fluids should help to meet your nutritional goals. Water is your best bet, save the calories for food. During, or after lengthy sessions sports drinks or cordials may be useful in providing extra carbohydrates.

“Welcome Aboard!”

“Enjoy The Ride!”

SATISFACTION GUARANTEED

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