

DURING TRAINING

Sports drinks: do you need them?

It's important to know that sports drinks won't make you perform better during training. These specialty drinks are consumed to replace water, sugars and minerals lost during more intense training when you're perspiring a lot. If you're training less than 60 minutes, bring a bottle of water instead!

I'm training for...	My body needs...	I should drink...
60 minutes or less	Hydratation	Water
60 minutes or more at low or medium intensity	Hydratation Energy (carbohydrates)	Half-and-half mix: 1/2 water, 1/2 juice
60 minutes or more at high intensity I'm perspiring a lot!	Hydratation Energy (carbohydrates) Replace mineral salts	A sports drink homemade (see recipe) or store-bought (see 'what to look for' below)

Homemade sports drink (2-2-2 formula)

- 2 cups of juice
- 2 cups of water
- 2 mg of salt (a pinch)

Mix well and drink while it's fresh!

Store-bought sports drink

(What to look for)

Should contain no more than (per 100 ml):

- 4 to 8 g carbohydrates
- 50 to 70 mg of sodium

ON A DAILY BASIS

Here's something you can do every day to add some pizzazz to your water!

- Citrus: lemon, lime, orange, grapefruit
- Star anise
- Pineapple and rosemary
- Frozen berries: strawberries, raspberries, blackberries, blueberries
- Cucumber and mint leaves
- Strawberries and basil
- A few ice cubes made from fruit juice
- Mango and raspberries
- Watermelon
- Honeydew melon and mint
- Green tea (let it steep in cold water) and orange slices

Source: <http://liquidsugar.ca/great-alternatives/>