

Nutrition & Wellbeing for Endurance & Peak Performance

FLUID	MORE ON FLUID	SLEEP	DIGESTION
<p>Without exercise an adult needs to drink at least 1½ litres of water per day, with exercise you need to replace any losses and more. Replenish fluids as you train & after training. During a long session it is advisable to have an electrolyte replacement drink, as there can be considerable fluid losses through sweat. It is also worth considering a sports drink that includes magnesium to reduce muscle cramps.</p>	<p>How much fluid are you losing?</p> <p>Weigh yourself before exercise then immediately after, the difference is indicative of how much fluid has been lost. So if you've lost 1kg of body weight you have lost approx 1L of fluid.</p> <p>Always start your exercise having had an adequate amount of fluid.</p>	<p>Proper rest & sleep are just as important as exercise. Your body works hard at night to repair, restore and grow. Make sure you get the right amount of sleep for you – on average 6 to 8 hours per night. Waking during the night, having disturbed sleep or not getting enough sleep (or too much sleep) can hamper your physical performance.</p>	<p>Before we get to what to eat, it is important to establish whether you are digesting foods and nutrients properly. If you regularly feel bloated, have diarrhoea, constipation, flatulence or cramping - it's likely that you are not absorbing vital nutrients efficiently and you may have under-functioning digestion or be intolerant to certain foods.</p>
CARBOHYDRATES	PROTEIN	FATS	'The Loading Game'
<p>"Carbs" are the main source of fuel for endurance exercise. Ideally consume low glycaemic index / glycaemic load foods – this will give you more energy for longer periods, or mix good sources of high GI foods with lower sources and / or good fats. Carbohydrate intake should be balanced with your amount of exercise.</p> <p>Recommended daily Carb intake while training (moderate) = 5 to 8g / kg of body weight.</p>	<p>During prolonged exercise muscle is broken down & needs to be replaced. Apart from muscle mass & recovery, protein is required for many other functions in the body. It is essential to have some protein at every meal. Intake is dependent on exercise levels.</p> <p>Recommended daily Protein intake whilst training (moderate) = 1.0 to 1.4g / kg of body weight.</p>	<p>Increase your intake of 'Good' fats like oily fish – salmon, tuna, mackerel, sardines, other sources - walnuts, flaxseeds, almonds, avocado, olive oil, pumpkin seeds, tahini & nut spreads. Keep your consumption of saturated & trans fats low - ie. less butter, fatty meats & takeaways that tend to be full of bad trans fats.</p> <p>Recommended 20-30% of daily calorie intake from good fats.</p>	<p>Within 30 minutes of a long exercise session Glycogen (muscle energy) needs to be replenished – this will ensure you have energy for your next exercise session. Eat some fruit, or have a sports drink or recovery drink, gel or snack bar. Higher GI foods should be consumed at this time.</p> <p>Glycogen requires a lot of water, yet another reason to drink more.</p>

Visit www.newleafonline.com.au for more information and to shop for endurance product packs to get you started.



By Beni Turkson, Nutritionist



Variety, Balance, Moderation - TIPS

Eat Whole foods - fresh fruit & vegetables every day with grains, legumes, low fat dairy, nuts & seeds, fresh lean meats, poultry & fish, nuts, seeds, spices & herbs. Remember more good stuff – less bad stuff. Have a varied diet – incorporating colourful raw foods. Try to eat 5 to 7 different vegetables & 3 pieces of fruit a day.

Choose low to moderate GI foods to assist with maintaining your blood sugar levels and do not skip meals. If you are feeling tired, fatigued or hungry try eating smaller meals more often, this may mean eating 5 times a day - every 2 to 3 hours.

Low / Medium GI foods - pastas, most fruits & vegetables, bran / mueslis, cereals without added sugars, oats, noodles, multi & whole grain breads, pumpnickel bread, fruit loaf. Some higher GI foods are great sources of nutrition & can be combined with lower GI foods like vegetables, protein and fibre.

Protein sources: Meat, poultry, fish, eggs, nuts, legumes, grains, brown rice, beans, dairy, soy, tofu, yoghurt, hummus, oats, protein powder.

Eating fresh, colourful, wholesome foods everyday, will give the body all the nutrients it needs to stay well, feel energised and to regenerate itself.

Stay away from sweets, chips, chocolate, sweet biscuits & foods which provide quick energy & cause your blood sugar to spike then fall rapidly & leave you feeling tired & hungry.

Keep HYDRATED not just during exercise, but throughout the day.

To get adequate amounts of **Protein & Carbs**, **powders can be incorporated into your diet** and should be used in conjunction with a healthy eating plan. You can have protein powder with your breakfast or a protein smoothie as a mid-morning snack

Tip - chew your food well as digestion starts in the mouth.

If you do have any abdominal discomfort try a glass of warm water with the juice of half a lemon (to kick start digestion) – this is great for everyone to have everyday 20 minutes before breakfast, and those with any abdominal discomfort before every meal.

Be aware of how your body feels & try not to over eat, this will cause your system to slow down and may cause discomfort. Never skip a meal, especially breakfast and try to eat at regular intervals.

You are an individual - eat the right choice of foods for you!! If a food is causing discomfort try an alternative and have plenty of the foods that help you feel great!

If you have a medical condition, see your healthcare practitioner before undertaking any changes to your exercise programme, diet or nutritional supplementation.

Finally, **listen to your body** – if you have symptoms such as pain, fatigue, nausea, swelling, weakness, fever, cold extremities, muscle cramps, reduced concentration, recurrent cold / flu etc - you may not be getting adequate nutrition or hydration!!!!

When to use sports supplements

	Breakfast/snack	Before training	Endurance training	Muscle recovery	Before bed
Protein Powders/Bars eg. Dymatize Elite	✓	✓		✓	✓
Rehydration Fluid eg. Endura Rehyd.		✓	✓	✓	
Energy gels/bars eg. Gu Gels		✓	✓		
Protein/ Carb mixes eg. Endura Optimizer		✓	✓	✓	✓

TIP: a protein shake before bed will assist with muscle recovery by making nutrients available for your body to use as it repairs muscle while you sleep.

