

EFFECTIVE MEANS OF FLUID REPLACEMENT DURING EXERCISE

Despite all the advertising hype associated with commercial fluid replacement products, an average person involved in physical fitness activities need water intense which is still the best fluid replacement. The availability and cost are unbeatable. However, when activity is pro-longed and intense, commercial sport drinks may be preferable to water because they contain electrolytes (which replace lost sodium and potassium) and carbohydrates (which replace depleted energy stores). However, the carbohydrates in sports drinks are actually simple forms of sugar. Thus sports drinks tend to be high in calories just like regular soft drinks. Regardless of the drink you choose, exercise physiologists recommend that you drink fluids before and at frequent intervals throughout the activity.

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