



Hydration on the Golf Course

As the hotter months of the year are now upon us, it is critical to address the issue of hydration on the golf course. Dehydration, or insufficient levels of water in the body, can occur at any time but those exposed to hot or humid weather for a prolonged period (such as a golfer on a sunny afternoon!) are especially prone.

Moderate levels of dehydration can cause physical discomfort in the form of headaches and muscle cramps but even mild levels of dehydration can result in a decrease in performance on the golf course due to a slowing of muscular and nervous system function.

So how can you tell if you are dehydrated? Once you are feeling thirsty, it's already too late.

Follow these simple tips to help prevent the negative effects of dehydration on the golf course.

- 1) Make sure you are well hydrated *before* you play.
- 2) Hydrate throughout your round - carry a water bottle in your bag and make it a habit to drink a little bit on every hole whether you feel thirsty or not.
- 3) Water is the best option - sport drinks and fruit juice are also adequate choices but beware of the excess sugar. Avoid coffee and alcoholic beverages – if you choose to consume, alternate with water.
- 4) Make your own sport drink – if water is too 'boring', mix your favourite fruit juice with water (half and half) and add a pinch of salt.
- 5) Eat fruits and veggies on the course – not only are they a nutritious snack but tend to contain a lot of water which help maintain hydration levels.

Keep in mind, your hydration level is one of the things you can control in terms of performance throughout a round. Keeping the body hydrated allows it to function optimally both at the cellular and systematic level which is important for maintaining consistent performance on the golf course. Don't risk losing a shot or two because you weren't adequately hydrated. See you on the first tee!

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