

The secret to optimal hydration while cycling

Find out what you can do to ensure adequate hydration while cycling.

Before pedal time

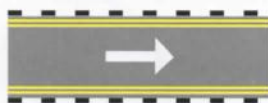


Two hours before your cycling activity, start drinking **2** glasses of water (about 400ml) and **2** more glasses one hour before.



while on the road, most people will need **1 – 1.5** litres every hour.

On the road



Contrary to popular belief, your thirst reflex is not a reliable indicator for fluid needs. Evaluate your fluid needs by considering **exercise intensity** (e.g. terrain, speed and distance), **weather conditions** and **body's characteristics** (e.g. height, weight, muscle mass, sweat rate).



For intense riding over an hour, a sports drink can help but our body will only need the components of carbohydrates, electrolytes and fluids in it for replenishment. Do take note of the many other ingredients added to commercial products.

Post workout



For easy or moderate riding, normal consumption of plain water and having a small meal is sufficient to replenish lost fluids and electrolytes.

Tips by Chan Joy Seng,
Director and Nutritionist of Alive Nutrition Consultancy



UPCOMING!

HEALTH TALKS

Attend these health talks and get expert tips from the panel of medical practitioners. You can have the opportunity to share and discuss your concerns and issues relating to health and wellness.



Date/Time*	Programme	Location	Activity
30 July (Sat), 10.30am – 12pm	Ageing and Dementia, what is the difference? Caregiving tips for all	Maplewood (Paya Lebar Division)	Call: 84321642 aljunied@wp.sg
16 Oct (Sun)	Healthy body, healthy mind: Understanding depression and exercise session	Blk 136 Bedok Reservoir Road (Eunos Division)	Call: 8495 8438 aljunied@wp.sg
23 Oct (Sun), 9am – 12pm	Health screening by SATA, cooking demonstration with tasting and health talk on Dengue and Zika	Blk 702 Hougang Ave 2 (Hougang SMC)	Call: 9866 3463 hgcc@wp.sg

* Programmes may be subjected to change.

