

During exercise

You shouldn't need to eat during a short workout because your body will use your blood glucose and your glycogen stores for energy. But if you're taking part in endurance or high-intensity exercise that's over an hour long, you'll need some extra carbohydrates for energy. For more information on this, speak to a dietitian for advice that's tailored to you.

Hydration during exercise

During exercise, drink little and often to help you stay hydrated. Water should be enough for short workouts lasting less than an hour. If you're doing a moderate-to-vigorous intensity workout

lasting more than an hour, an isotonic sports drink (including homemade varieties) may be a better option. These drinks help to replace the sugar and electrolytes you lose through sweat when doing endurance exercise.



Some sports drinks are very high in sugar, but it's easy to make your own version at home. Simply add 200ml of squash (not a low-sugar variety) and a small pinch of salt to 800ml of water and stir well.