

During your training and at the Challenge Walk is important to stay hydrated and eat nutritional foods to give your body the energy it needs.

## Hydration

It is essential to drink fluids before, during and after your walk.

### Pre-training walk & Pre-event

- Drink an extra 64 ounces of fluid 24 hours before a long training walk.
- Drink 16 ounces of fluid two hours before exercise. This will allow time for the fluid to pass through your body.
- Drink more during hot weather. If you are sweating more than usual, consume more fluids.
- Avoid caffeinated beverages before your walk. They will cause you to lose fluid and make you thirsty.

### During your walk

- Drink when you are thirsty.
- Drink a combination of water and sports drinks.
- A sign that your body is well hydrated is diluted urine that is light or clean in color and you should be urinating frequently.
- Try to drink five ounces of fluid per mile.

### Post Walk

- Drink a combination of water and sports drink after exercising more than one hour.
- Sports drink can help replace your body's sugar and salt that was lost during exercising. The American College of Sports Medicine says there is little basis for anything other than plain water when exercising for an hour or less.

### Signs of Dehydration

- Nausea after exercise
- Dark, yellow urine or no urine
- Dry, sticky mouth
- Dry eyes
- Fatigue
- Dizziness or confusion
- Heartburn or stomachache
- Recurring or chronic pain
- Lower back pain
- Headache
- Mental irritation or depression

- Water retention
- Lack of skin elasticity
- Sunken eyes

## Hydration Systems

When choosing a hydration system, comfort and easy accessibility are the two main considerations. There are several hydration systems that you can carry on your back or hips that are available for purchase online and at local sporting goods retailers. Select a system that allows you to carry enough water to between rest stops.

### Hydration packs (i.e. Platypus/ Camelbak)

- There are several styles of hydration packs available. These are systems you can carry on your hips or back.
- Each hydration pack contains a large plastic reservoir that you fill with water, and a attached drinking tube allows for easy fluid access. The water reservoir is flat when empty and balloons when filled.

### Refillable Water Bottles & Carriers

- Refillable water bottles are available at sporting good stores. Wash the bottles and dry thoroughly after each use to kill any germs.
- One you have selected a water bottle style, choose a carrying system as holding the bottle in your hand can strain your wrist and elbow. There are many styles of water bottle hip packs available. Try on several styles with filled water bottles to test if it's comfortable.

## Nutrition

### Training

- Eat small amounts of carbohydrate every hour. The average person burns 100 calories per mile.
- If your body begins to run low on energy, you may have symptoms of low blood sugar including disorientation, headaches, weakness or loss of body control. If you notice any of these symptoms, stop walking and start consuming liquids and food immediately.
- Bring a snack to eat along the way if you will be walking more than an hour. Good snack choices are nutrition bars, fruit or crackers. Avoid snacks with high concentration of simple sugar such as cookies or candy.

### Post-training

- Consume carbohydrates and protein-rich foods one to four hours after a long walk to prevent next day fatigue.
- Complex carbohydrates provide an excellent source of energy. A few examples are pasta, beans, rice, whole grains, fruits and vegetables. It is best to pair complex carbohydrates with protein as carbohydrates when eaten alone give you a boost of energy in the beginning but can cause you to have an energy crash later.

- Proteins provide sustained energy. Good examples are nuts, cheese, lean meats and peanut butter.