

YOUR GUIDE TO NUTRITION AND HYDRATION

HEALTHY BODY



HEALTHY MIND

NEWPORT LIVE
CASNEWYDD FYW

16 - 22 MARCH 2026 IS NUTRITION & HYDRATION WEEK.

ESTABLISHED IN 2012 - THIS INITIATIVE AIMS TO HIGHLIGHT THE IMPORTANCE OF NUTRITION & HYDRATION TO GENERAL HEALTH AND AS A HAPPIER, HEALTHIER & INSPIRING ORGANISATION WE'RE PROUD TO SUPPORT THIS YEAR.

NUTRITION & HYDRATION & WHY THEY MATTER FOR EXERCISE

WHETHER YOU'RE DOING LIGHT ACTIVITY, INTENSE TRAINING, OR PREPARING FOR AN EVENT, NUTRITION AND HYDRATION DIRECTLY INFLUENCE YOUR PERFORMANCE, RECOVERY, AND OVERALL HEALTH. SO WHETHER YOU'RE WALKING, WHEELING, SWIMMING OR GYMMING WITH US, THESE PRINCIPLES ARE IMPORTANT FOR EVERYONE.

1. THE ROLE OF NUTRITION IN EXERCISE

A. ENERGY SUPPLY

YOUR BODY NEEDS FUEL TO EXERCISE. THE THREE MAIN MACRONUTRIENTS SUPPLY IT IN DIFFERENT WAYS:

- CARBOHYDRATES - THE BODY'S PREFERRED ENERGY SOURCE. CRUCIAL FOR MODERATE TO HIGH-INTENSITY TRAINING.
- FATS - PROVIDE LONG-LASTING ENERGY, PARTICULARLY DURING LOWER-INTENSITY EXERCISE.
- PROTEIN - NOT A PRIMARY ENERGY SOURCE BUT ESSENTIAL FOR MUSCLE REPAIR, STRENGTH, AND RECOVERY.

WHY THIS MATTERS:

WITHOUT ENOUGH FUEL, YOUR BODY FATIGUES FASTER, PERFORMANCE DROPS, AND RECOVERY SLOWS.

B. MUSCLE GROWTH & REPAIR

EXERCISE CREATES TINY TEARS IN MUSCLE FIBRES. PROTEIN SUPPORTS REPAIR, HELPING THE MUSCLE REBUILD STRONGER.

- PRE-EXERCISE PROTEIN → PRIMES THE BODY FOR MUSCLE MAINTENANCE
- POST-EXERCISE PROTEIN → ENHANCES REPAIR AND GROWTH

C. PERFORMANCE ENHANCEMENT

BALANCED NUTRITION HELPS:

- IMPROVE ENDURANCE
- INCREASE POWER OUTPUT
- MAINTAIN STABLE BLOOD SUGAR
- REDUCE PERCEIVED EFFORT

THIS MEANS YOU CAN TRAIN HARDER, LONGER,
AND MORE CONSISTENTLY.

D. REDUCED INJURY RISK

GOOD NUTRITION SUPPORTS:

- JOINT HEALTH
- STRONGER BONES (VIA CALCIUM + VITAMIN D)
- FASTER HEALING
- IMMUNE SYSTEM STRENGTH

UNDER-FUELLING INCREASES RISK OF FATIGUE, POOR FORM, AND OVERUSE INJURIES.

2. THE ROLE OF HYDRATION IN EXERCISE

HYDRATION AFFECTS EVERY MAJOR BODILY FUNCTION DURING ACTIVITY.

A. TEMPERATURE REGULATION

WHEN YOU SWEAT, YOU RELEASE HEAT. IF YOU DON'T REPLACE LOST FLUIDS:

- BODY TEMPERATURE RISES
- HEART RATE INCREASES
- PERFORMANCE DECREASES
- RISK OF HEAT ILLNESS INCREASES

B. HEART & CIRCULATION SUPPORT

BLOOD IS ~50% WATER. DEHYDRATION CAUSES:

- THICKER BLOOD
- INCREASED HEART STRAIN
- REDUCED OXYGEN DELIVERY TO MUSCLES
- EVEN 2% DEHYDRATION CAN IMPAIR PERFORMANCE NOTICEABLY.

C. MUSCLE FUNCTION

WATER AND ELECTROLYTES (SODIUM, POTASSIUM, MAGNESIUM)
KEEP MUSCLES FIRING.

DEHYDRATION → MUSCLE CRAMPS, WEAKNESS, FATIGUE.

D. MENTAL PERFORMANCE

HYDRATION AFFECTS:

- CONCENTRATION
- COORDINATION
- REACTION TIME
- DECISION-MAKING

SMALL DEFICITS CAN LEAD TO MISTAKES OR DECREASED
MOTIVATION.

3. HYDRATION GUIDELINES FOR EXERCISE

GENERAL GUIDE (VARIES WITH HEAT, SWEAT RATE, AND INTENSITY):

BEFORE EXERCISE:

DRINK 300-500 ML WATER 2 HOURS BEFORE

DURING EXERCISE:

150-250 ML EVERY 15-20 MINS

IF >60 MINS OR HOT WEATHER → INCLUDE ELECTROLYTES

AFTER EXERCISE:

REPLACE 1.5 LITRES FOR EVERY 1 LITRE LOST (WEIGHING

BEFORE/AFTER HELPS)

4. NUTRITION GUIDELINES FOR EXERCISE

BEFORE EXERCISE:

AIM FOR A BALANCED SNACK OR MEAL 1-3 HOURS BEFORE:

CARBOHYDRATES: FUEL

PROTEIN: MUSCLE PROTECTION

LOW FAT/FIBRE: EASIER DIGESTION

EXAMPLES:

BANANA + YOGURT

OATS WITH FRUIT

CHICKEN WRAP

DURING EXERCISE (IF >60-90 MINUTES):

QUICK CARBS: SPORTS DRINKS, GELS, FRUIT

ELECTROLYTES: IF SWEATING HEAVILY

AFTER EXERCISE:

THE RECOVERY WINDOW (30-90 MINUTES AFTER TRAINING):

PROTEIN: 15-30G

CARBS: REPLENISH ENERGY STORES

FLUIDS + ELECTROLYTES

EXAMPLES:

CHOCOLATE MILK

PROTEIN SHAKE + FRUIT

RICE/CHICKEN/VEG

5. PUTTING IT ALL TOGETHER

NUTRITION + HYDRATION WORK TOGETHER TO SUPPORT:

- ✓ BETTER PERFORMANCE
- ✓ FASTER RECOVERY
- ✓ IMPROVED STRENGTH/ENDURANCE
- ✓ REDUCED INJURY RISK
- ✓ INCREASED ENERGY AND MOTIVATION
- ✓ OVERALL HEALTH AND WELLBEING