

# Hydrate. And aim again!



There is a simple way to up your game without changing your swing and it is a very simple one: make sure you drink enough water! And we would add - choose the right one too.

Staying hydrated is essential to playing your best round of golf. We know, in the heat of a game it is rather easy to forget but making sure you are hydrated can make a huge difference in your game. Golf is not a particularly easy game to play and once you tee off, you will be exposed to sunlight for a long time, so it is important to give your body the proper hydration.

No matter the temperature, make sure you drink plenty of water throughout your game. Here are some tips for keeping yourself well-hydrated during a round.

**1. Hydrate before you play** – Before teeing off, drink at least 300ml of water and continue sipping as much as possible

while out on the course. This will help ensure that you don't get dehydrated before even hitting the first ball.

**2. Take water with you** – Always carry your own water bottle with you so that hydration is always handy. Remember it needs to last 18 holes – the last thing you want to do is to run out halfway through your round. And, most importantly: don't wait until you're thirsty. Once you reach that point, you're already dehydrated.

**3. Pay attention to your effort level** – If you're sweating more than usual, it means dehydration is setting in, and it's time to replenish. If your hydration level drops by just 2%, your

muscle speed, strength, coordination, and ability to make clear decisions will be affected. These factors make up 95% of the golf game, so it's essential to stay hydrated whilst out on the green; especially during hot, summer days. Furthermore, when we sweat it's not just water that we lose but also electrolytes such as magnesium, and potassium. These electrolytes help with fluid balance, nerve impulses, and muscle contraction; all important aspects for performance. Magnesium is necessary for proper muscle and nerve function, including the contraction and relaxation of muscles. Potassium is essential for maintaining fluid balance and supporting nerve and muscle function. Both minerals can also help prevent muscle cramps and improve overall physical performance.

**4. Choose natural mineral water!** It's important for golfers and athletes to maintain a proper electrolyte balance, to support mental clarity and concentration during a round

of golf and choosing wisely when it comes to hydration is key! Natural mineral water, such as the award-winning AQUA Carpatica, can help replenish electrolytes whilst delivering that hydration boost.

AQUA Carpatica is virtually nitrate free and combines an exceptionally balanced mineral content of calcium and magnesium, making it a great choice for health-conscious consumers. The first of its kind in the UK, it is naturally functional: it supports overall health and wellbeing, the ideal water choice for the most demanding health-conscious people and those with active lifestyles.

Want to turn those pars into birdies? AQUA Carpatica Natural Mineral Water can give you the edge you're seeking.

Find out more: [www.aquacarpatica.co.uk](http://www.aquacarpatica.co.uk)

