

Exercise and Diet

Hydration

People with CF are at a higher risk of dehydration because of the increased amount of salt lost through sweat. Therefore, fluid and salt intake will need to be increased when exercising to replace these losses.

You should drink at least 2-3 litres of fluid a day to remain hydrated, and when you are playing sport or exercising you should drink:

- 500-600ml two hours prior to exercise.
- 150-350ml right before exercise.
- 150-200ml every 15-20 minutes during exercise.

Sports drinks can be beneficial for people with CF during exercise, especially in warmer weather.

Benefits of use include:

- Increased thirst sensation and therefore fluid intake
- Improved hydration status post exercise.
- Helps maintain healthy digestion and bowel function

Some electrolyte replacement drinks can contain excess sugar and minimal salt. Aim to choose products that contain more salt and less sugar.

The table below outlines the sodium (salt) content for some popular brands. Hydralyte Sports is considered one of the better brands for rehydration because of the high sodium (salt) content.



Sports Drink	Sodium mmol/L	Sodium mg/100ml
Gatorade	22	51
Gatorade G series prime	40	93
Gatorade Endurance	37	84
Powerade isotonic	12	28
Staminade	13	29
High 5 isotonic	35	80
Musashi Electrolyte Replacement	19	43
Powerade Zero	22	51
Gatorade	22	51
Gastrolyte (pre-made)	43	101
Gastrolyte (sachet)	40	92
Gastrolyte (tablets)	20	46
Hydralyte (sachet)	44	103
Hydralyte (tablet)	15	34
Hydralyte Sports	50	115

What to eat before and after exercise

It is important to eat a well-balanced meal two to three hours before exercising. This will allow enough time for digestion and good stores of energy for your body to use as fuel. Follow this by a light snack one hour before exercising.

The snack should be:

- Relatively low in fat and fibre.
- High in carbohydrate.
- Moderate in protein.
- A familiar food that is well tolerated (won't upset your stomach).
- Include adequate hydration.

Snack Idea	Calories	Fat (g)	Carbs (g)	Protein (g)
Mixed nuts (30 nuts)	285	26	9	6
Up and Go drink	198	3.8	30.2	8.5
Muesli bar- Carman's Original	201	8.6	25.5	4
Slice multigrain bread with banana	198	1.2	37	5.2
Canned tuna (95g)- greenseas	94	1.8	6.7	12.2
Sustagen Sport chocolate flavour (60g)	225	0.7	39.2	14.7

After exercising you should refuel by having something else to eat. The food should:

- Include a source of carbohydrates to replace muscle glycogen stores.
- Be high in protein for muscle repair and growth.
- Include adequate fluid and electrolytes.

Snack Idea	Calories	Fat (g)	Carbs (g)	Protein (g)
Crumpet x2 with 1tbsp peanut butter	284	10.8	18.4	10.4
Sandwich (wholegrain bread) with 2 tsp jam	260	1.3	34.8	6.8
Muffin (apple cinnamon from McCafe)	89	4.3	11	
Banana	76	0.1	16.8	
Boiled egg x2	122	8.4	0.6	11
Cow's milk (600ml)	426	21	37.8	21
Fruit & nut mix (60g)	300	18	24	6
Baked beans (220g)	202	1.1	31.9	11.3
Greek yoghurt (200g)	268	19.4	14.4	9.4

Don't forget to eat a full meal within two hours of finishing exercise. As the energy requirements for people with CF are higher than the general population, eating regular meals around exercise is particularly important.

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