



# Golf Hydration Guide

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Hydrating to increase performance & lower scores



\*This guide is not meant to be a substitute for professional or medical nutritional assistance and/or recommendation, rather it is meant to present information for educational purposes. You should never change your diet without first consulting your doctor.\*

You have custom fitted clubs, the best shoes on the market, cutting edge golf balls, lessons on lesson and a great fitness program with Par4Success. You've fine-tuned your body and your gear, but **SOMETHING IS MISSING**. You find yourself groggy, drained, empty, jittery or unable to focus during a round. The missing link could be your nutrition before, during and after around.



The Golf Hydration Guide is a lead in to the **Complete Nutrition Guide for Golfers** and both are written by Par4Success with lead contributions and recommendations from Golf Performance Specialist, Zac Hales. He is Titleist Performance Institute Certified (Lev. 3), NASM-CPT and finishing his ISSA Sports Nutrition Specialist.

Recommendations are based on information and practices by TPI, NASM, ISSA, and an array of privately written books and articles.



Hydration can have a big impact on energy levels, work capacity, and your ability to focus. In order for muscles to fire efficiently, certain reactions must take place between the nerves and muscles, and water is where these reactions occur.

## Dehydration can decrease speed & power output by 10%



In golf, that means yards lost on every stroke! Water is necessary in delivery of oxygen throughout the body, and dehydration will slow that delivery down resulting in fatigue. The brain depends on water to operate because

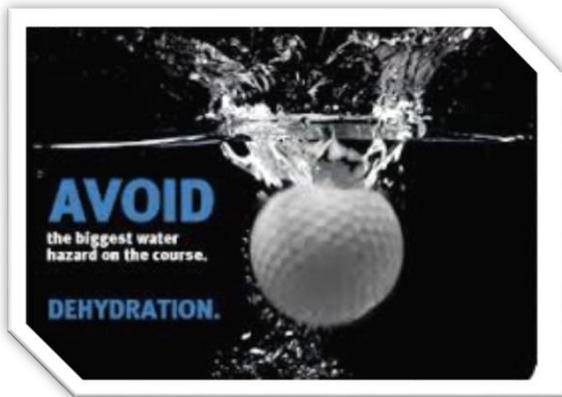
the cells require it for transmission of signals. These signals are sent throughout the body allowing us to function properly. Reduced efficiency these neurotransmitters equals slower reaction time, less focus, and lessens our body's performance abilities.

It is easy to see why staying hydrated on the golf course is so important. The focus to sink a crucial putt, or the energy to smash a long drive are directly linked to brain function and hydration. In a sport played outdoors and typically in warm or even hot weather, the importance of staying hydrated is even greater. This is especially true for competitive players.

Being hydrated for a tournament can be the difference between finishing on top and finding yourself in the middle.



How much should you be drinking? An easy rule is to drink a minimum of 1/2 your body weight in ounces per day.



It is recommend that half your intake should be consumed during the round. So a 200 pound player would need a minimum if 100oz per day. Consuming half during a round would be roughly 50oz during the round. This works out to just under 3oz per hole. You should also take heat, and other factors into consideration

and strive to exceed your minimum with a few extra sips every time you get the chance.

For peak performance and to avoid dehydration, follow our tips below:

- Drink between 18-24 ounces about two hours before your round
- Aim for 2-6oz per hole depending on your size and the heat
- Avoid things that cause water loss, like caffeine and alcohol
- Electrolyte balance is key in hydration, include a small pinch of unrefined sea salt, such as Celtic Sea salt for the trace minerals and electrolytes it contains.



- Remember to drink! Don't wait for thirst to creep up, by that time it's too late and you are dehydrated

\*\*Always consult your physician before starting or changing an exercise program or diet regimen. This guide is not intended to serve as a substitute for advice from a RD or MD\*\*