

Exercise and Sport

- What to eat?

Depends on what kind of exercise you are doing. More cardio – make sure you replenish with carbohydrates after you exercise which are things like fruit, pasta, rice, bread, flavoured milk, fruit yoghurt. If you have diabetes and use insulin, just make sure you carb count as the food following exercise will still effect your blood sugars. If it's more a weights session, then protein is more important, but some carbohydrates is also very helpful to help the muscles re-build. Excellent examples of recovery foods are milk, yoghurt, any kind of oral nutrition support supplement e.g. Sustagen or Ensure, cheese sandwich or a whey protein supplement mixed with milk.

- When to eat?

For weights, small-moderate **frequent** meals with protein in each meal are the best.

For general recovery – balanced carbohydrate and protein if doing general exercise, if doing lots of running then more carbohydrates or if doing lots of weights then more protein (but small and regular amounts, not just one big lump!)

- Staying hydrated and salt intake:

This is really important! People with CF are more susceptible to dehydration:

- Extra salt loss
- Lower thirst drive
- Dehydration can also cause thicker secretions in the bowel and increase the risk of blockages/constipation
- Notice the outside temperature.... If it is hot, will need more fluid.
- Try to make sure you've had at least 1/2L fluid 1-2 hrs before exercising so that you are starting the exercise in a hydrated state.
- If exercising for more than 1 hour need to drink sports drinks e.g. Powerade, Gatorade, Staminade powder (Woolworths) → contains salt and sugar. Fruit juice is also OK but will be absorbed slower by the body. Milk is a good recovery drink after sport.
- Non-sugary sports drinks are useful if you've exercised for less than an hour OR you have diabetes and don't want to have a sugary drink e.g. Hydralyte, Gastrolyte, PoweradeZero etc. Or water + salt tablets.
- The salt in these drinks is useful to replace lost salt but also to drive your thirst to keep drinking fluids over the day.
- Can calculate the amount of fluid you need to replace by weighing yourself before and after exercise:
 - E.g. 60kg pre and 59kg post (didn't drink anything during 1hr run) = 1L fluid lost
 - Need to replace 125-150% over next 4-6hrs of what you lose, so for the above 1L loss, you need to drink 1.5L fluid over 4-6hrs to get back to the same hydration level you were before exercise

Check the **colour** of your **urine** – if it is dark in **colour**, it suggests that you are dehydrated and need to drink more when you are exercising. Remember, drink before you feel thirsty! Thirst is a poor indicator of **hydration**, especially in CF – by the time you are thirsty you are already dehydrated.

How to get enough salt in your **diet**:

- Hydralyte sports :
 - o 2 tabs in 200ml water (340mg sodium)
 - o Large scoop (from tub) in 600ml = 690mg sodium
- Glucolyte – 1 sachet per 100ml water = 260mg sodium
- Oral Rehydration solutions
- Staminade powder (Woolworths)
- Cereal, bread, vegemite, milk

Shakes and supplements

- When to shake and supplement?

Shakes / nutritional supplements are useful because they often have “bang for their buck”, i.e. a lot of nutrition in a reasonably small volume (200ml), ready-to-drink and often have vitamins and minerals in them which we know the CF population need extra of some.

To assist with energy requirements- a supplement to the diet- sometimes easier to consume and more concentrated than adding in more food. If you're struggling with regular meals- BF is hard for a lot of CF patients and a shake may be easier- more on the go.

- When *not* to shake and supplement?

If you're not sure what is in the supplement you are taking, if you have a history of kidney issues it is really important to check with your dietitian about what supplement or shake you are taking. Or if your weight is stable and within the healthy weight range for CF without using them there may be no need to commence them.

- What to look for in a shake and supplement?

If you are choosing a sports supplement, then looking for the **“Informed Sport Choice”** logo on the back of the product is really important. Depending on what you are aiming to achieve then you might be looking for a balance of carbs and protein in the shake, or a high fat shake if you are just aiming for lots of calories.

Dietitian recommended- hospital grade supplements- nutritionally balance, full meal replacements with essential vitamins and mineral.

Be aware: “mass gainers”, “pre-workout”, anything that is marketed for weight loss, often contain unsafe amounts of protein that can damage the kidneys +/- caffeine that can dehydrate. Some supplements can be a lot more expensive if they have these additions so it is best to speak to your dietitian who can consider all factors and help you decide which one would be best for you.